**Series beginning August 2015**



**Program 17: Elements of bean nutrition and markets**

**Radio transcript – translation into English**

First broadcast 24 November 2015 on Radio Sauti ya Injili (broadcast in Kiswahili. Farm Radio International facilitated the development of this program with technical and financial supported from CABI- Africa Soil Health Consortium program.

**Section 1:** English translation

**Section 2:** Kiswahili transcript

Section 1: English

**00:00 Presenter: Helen Madijongo**

Welcome dear listeners to Kilimo ni Utafiti Program brought to you by Radio Sauti ya Injili in Moshi Tanzania. Get a chance to be educated and participate by asking question and get explanations from an agriculture expert

Today we are looking at beans nutrients and beans market. We will be with farmers from Cheki Maji village Hai in Moshi Region and also agriculture expert Asha Msangi from Meru District in Arusha This program is brought to you by Radio Sauti ya Injili and Farm Radio International, on behalf of everybody who prepared this program, I Welcome you to join me.I am Helen Madijongo. There are successful bean farmers, let’s listen to them:

**01:34 Farmer: Shabani Kimaro**

My name is Shabani Kimaro, I am beans farmer I grow Soya and Ntanamna. I grow soya in 6 Hectors and in I expect to get 6 to 7 sacks of beans.

**Farmer: Mkanamna**

I grow 4 hectors and I expect to get 4 to 5 sacks of beans. I have total of 11 Hectors of beans and I produce beans every year. In a good year I get 50 to 45 sacks of beans when there is poor rain I get 28 to 25 sacks of beans.

I grow my beans using tractor, when I harvest I look for people to come buy my beans

Soon as sell my beans I sit down with my wife and discuss what to do with the money. We have two houses in Boma and one in Dar es Salaam and we have already took kids to school I have bought two boda bodas (motor bike taxi’s) to help my grandchild, the money they get I save it for them.

**04:00 Presenter: Helen Madijongo**

That was Rashidi a bean farmer explaining benefits he get by growing beans, this week question says; What nutrients does beans have?

There are farmers who has already answer this question by beeping number: 0687 140142. Lets listen to them…

**Farmer:**

You get same nutrients as eating meat.

**Farmer:**

I would like to advise other farmer to eat beans because it has lots of proteins.

**Farmer:**

Beans improve the soil.

**Farmer:**

Beans have protein.

**Farmer:**

Beans used to make soya milk for children.

**Farmer: Isaya**

I am Isaya, beans have lots of proteins and vitamins.

**Farmer’s Voices**

Gives our body energy and protein.

These are farmers contributing to this week question that says; what are nutrients found in beans? They have participated by beeping number: 0687140142

**06: 40 Music playing**…

**06:47 Presenter: Helen Madijongo**

Dear Kilimo ni Utafiti listeners I have visited Chekimaji village In Hai Kilimanjaro, we had a discussion with beans farmers about nutrients found in beans and bean markets, they will introduce themselves and tell us what about nutrients and markets.

What is your name?

**Farmer: Shaili**

My name is Shaili. Protein and vitamin!

**Presenter: Helen Madijongo**

What is your name and what are nutrients found in beans?

**Farmer: Witness Msuya**

My name is Witness Msuya from Cheki Maji village. Beans have protein and minerals.

**Presenter: Helen Madijongo**

What is your name and what are nutrients found in beans?

**Farmer: Asumani Salehe**

My name is Asumani Salehe, beans have calcium.

**Presenter: Helen Madijongo**

What is your name and what are nutrients found in beans?

**Farmer: Fatuma Salum Mariane**

My name is Fatuma Salum Mariane. Beans have protein and iron and minerals.

**Presenter: Helen Madijongo**

How do you cook beans in such a way that you do not destroy the nutrients?

**Farmer: Fatuma Salum Mariane**

I cook beans in a moderate temperature.

**Presenter: Helen Madijongo**

How do you cook beans in such a way that you do not destroy the nutrients?

**Farmer:**

I boil beans using firewood in a pot, I cover top of the pot with another pot that has water in in it to prevent water from evaporating.

**Presenter: Helen Madijongo**

How do you compare cooking between beans you harvested recently and beans you harvested a yare a go?

**Farmer:**

They are different beans that I have harvested recently takes about 25 to 30 minutes to cook but beans that are year old since harvest takes more than 54 to cook.

**Presenter: Helen Madijongo**

What do you put in beans when you cook?

**Farmer:**

I put garlic, onion, green pepper if I have it, little bit of cooking oil, I put these after boiling the beans.

**Presenter: Helen Madijongo**

Let’s look at beans market, Baba where do you get the market?

Honestly we do not have reliable markets, people comes from Boma to take beans here.

**Presenter: Helen Madijongo**

How do you compare beans market and other crops?

**Farmer:**

Beans are very marketable, we sell one sado (small bucket) for 7,000 shillings and one sacks takes 30 small buckets which makes one sack costs 210,000 shillings.

**Presenter: Helen Madijongo**

How long can you store beans inside without losing its nutrients?

**Farmer:**

You can store for 5 to 6 month or you can apply chemicals for beans that you are planning to store for a long time and for beans that you plan to use it for food in near future you put no chemicals

**Presenter: Helen Madijongo**

What chemical do you use to store beans with?

**Farmer**: **Fatuma Salum Mariane**

We mostly use ashes, we mix it with beans but I know there is a chemical called SHUMBA that I can also use

**Presenter: Helen Madijongo**

What do you do to make sure you wash off the chemical used to preserve beans before you cook beans?

**Farmer:**

Before cooking you wash beans with clean water, you wash it twice before cooking.

**Presenter: Helen Madijongo**

Can you water put your beans in water to soften it before you cook?

**Farmer:**

Yes you can, but do not throw away the water you use to soften the beans, that water has lots of nutrients, use it to boil the beans. It is good to soften the beans before cooking it takes less time to boil

**14: 22 Presenter: Helen Madijongo**

That was a farmer discussion from Cheki Maji village Hai in Kilimanjaro Region discussing nutrients that are found in bens and beans market

Dear listeners today we are talking about beans nutrients and beans market, I am here with Farmer from Cheki Maji Village, What is your name?

**Farmer: Fatuma Salumu Mariale**

My name is Fatuma Salumu Mariale from Chekimaji Village Rundugai Masame Ward in Hai District

**Presenter: Helen Madijongo**

What nutrients do beans have?

**Farmer: Fatuma Salumu Mariale**

Beans have protein, gives us energy and beans also have minerals, I happy with beans!

**Presenter: Helen Madijongo**

How do you cook beans without destroying the nutrients that you have mentioned?

**Farmer: Fatuma Salumu Mariale**

I boil it for one hour, then I make source, I also put some salts when boiling to give it good taste.

**Presenter: Helen Madijongo**

How do you compare boiling beans that you harvested recently and beans that you harvested last year?

**Farmer: Fatuma Salumu Mariale**

I use more than an hour to boil beans that I have harvested last year and beans that I have recently harvested I use like 40 minutes to boil.

**Presenter: Helen Madijongo**

There are people who throw away water after boiling beans is this correct way to prepare beans?

**Farmer: Fatuma Salumu Mariale**

When you throw away water it loses the taste and nutrients

You can eat beans the way you like it, flavor depends on how you prepare your beans. You can eat beans as side dish or as main dish, eating beans is the same as eating meat.

**Presenter: Helen Madijongo**

Where do you get market?

**Farmer: Fatuma Salumu Mariale**

We sell beans in the village and some we sell outside Kilimanjaro, mostly buyer comes in the village to look for beans. We name the price if they do not like it the can leave.

**Presenter: Helen Madijongo**

How long can you store beans?

**Farmer: Fatuma Salumu Mariale**

You need to dry beans in the sun first then you can store in drums or bags, we put ashes in beans and put it in drums. We can store for over a year though you cannot store beans more than two year it is cash crop we sell it.

**Presenter: Helen Madijongo**

How do you compare beans price and other crops?

**Farmer: Fatuma Salumu Mariale**

Beans price is good I can sell one sack for 220,000 Shillings but one sack of maize is 30,000 Shillings.

I love beans. I encourage other farmers as well to grow beans it takes short time to mature unlike other crops. You cannot get loss and it changes farmer’s life in such a short time.

**21: 01 Presenter: Helen Madijongo**

Thank you very much, that was Fatma Salum Mariane from Cheki Maji in Kilimanjaro, explaining beans nutrients and beans market.

It is time now to listen to Asha Msangi from Meru Arusha, Explaining beans nutrients as interviewed with Samwel Shayo.

**21: 26 Presenter: Samwel Shayo**

Dear Kilimo ni Utafiti listeners I am in Meru in Arusha.

I am here with our nutrition expert and we are going to talk about nutrients found in beans and it’s important to human body. We will also talk about how long should we store beans without them losing nutrients.

Our expert is going to explain all of this.

**21:59 Expert: Asha Msangi**

My name is Asha Msangi I am nutritional expert from Meru District.

Beans have protein, these are same nutrients found in meat. These nutrients are very important nutrients, they build our bodies! There are also vitamin B, iron, calcium and zinc.

Protein build body, it helps child growth, vitamin B improves digestion process and helps with wound to recover, it also boosts appetite. A person lacking vitamin B lacks good sleep and becomes weak.

Iron mineral assist in blood manufacturing, lacking enough blood makes a person weak, and raises heart beats rate. Calcium strengthens our bones.

Zinc is responsible for growth, a boy or girl lacking zinc may be hindered entering puberty. Zinc responsible for reproductive health

**25: 45 Presenter: Samwel Shayo**

How long can you store beans without losing nutrients?

**Expert: Asha Msangi**

It is difficult for beans to lose its nutrients by storing.

Cook it for short time, cook with pressure cooker, soften beans in water before boiling and cover the pot while boiling and put water on the cover, water you put on the cover can be used as drinking water and you burns less charcoal when you cover beans when boiling

So long as you store beans properly it does not lose it nutrients, you can store beans for three years.

Remember beans stored for long time takes long time to boil.

**28:27** **Presenter: Helen Madijongo**

That was our nutrition expert from Meru District in Arusha explaining nutrients found in beans as interviewed with Samwel Sahyo.

There were time you beeped number: 0687140142 and asked question on this topic, here is our expert responding to your questions.

**Farmer:**

What is the function of protein in our body?

**Expert: Asha Msangi**

Protein builds our bodies. A person lacking protein cannot grow! If protein is available in beans how comes it is available in beans?

There are two sources of protein, from animals and from plants. Example milk, meat and fish and it is found in legumes plant like beans.

**Farmer: Sabrina**

My name is Sabrina what are nutrients found in beans?

**Expert’s voice:**

There is vitamin B, iron, calcium and zinc.

Vitamin B improves appetite and also it helps in digestion and heeling of wounds and nourishing skin and helps skin diseases.

Iron assist in manufacturing of blood, a person with lower blood becomes weak poor breathing and raise of heartbeats and calcium helps to strengthen bones, zinc minerals improves reproductive health.

**32:27 Presenter: Helen Madijongo**

That was agriculture expert Asha Msangi answering your questions for those who beeped number: 0687140142.

Next week we are going to evaluate this program we are going to give you a chance to answer questions about this program that have been broadcasted every Tuesdays at 6 pm and repeated on Thursdays at 9 pm

When you answer these questions you will help us learn how this program helped you.

Reaching here conclude this program Kilimo ni utafiti brought to you by Radio Sauti ya Injili Moshi Tanzania.

Today we have looked on beans nutrients and beans markets, we have heard farmers from Chekimaji Village Hai in Kilimanjaro and Agriculture expert Asha Msangi from Meru District.

If you have questions or comments write to us Radio Sauti ya Injili Tanzania Box 777 Moshi or Email us to [radio@elct.org](mailto:radio@elct.org) or consult a nearby agriculture expert .

This Program has brought to you by Radio Sauti ya Injili Moshi and Farm Radio International in Arusha

Thanks you on behalf of Samwel Shayo and all those who has participate in preparing this program I am Helen Madijongo!

**Section 2: Kiswahili**

**00:20 Mtangazaji: Helen Madijongo**

Karibu Msikilizaji wa kipindi cha Kilimo ni utafiti kinacholetwa kwako na Radio sauti ya Injili Moshi Tanzania

Utapata nafasi ya kuelimishwa na kushiriki kwa kuuliza maswali na kupata ufafanuzi toka kwa wataalamu wa kilimo ambao tutakuwa nao kwenye kipindi

Leo tutaangazia kuhusu virutubisho vya maharage na masoko ya maharage. Tutakuwa na Wakulima wa Cheki maji Wilaya ya Hai Kilimanjaro lakini pia tutakuwa na mtaalamu wa Kilimo Asha Msangi kutoka Halmashauri ya Meru Mkoani arusha yeye atatuelezea kiutaalamu

Kipindi hiki kinaletwa kwenu kwa ushirikiano wa Redio sauti ya Injili Moshi na Farm radio International Arusha, Kwaniaba ya wote waliofanikisha kipindi hiki Mimi ni Helen Madijongo

Msikilizaji kunawakulima waliofanikiwa na kilimo cha maharage embu tuwasikilize

**01:34 Sauti ya Mkulima**

Jina langu ni Shabani Kimaro ni mkulima wa Maharage, ninalima Maharage soya, ntanamna. Soya ninalima kwenye hekari sita na kwenye kila heka ninategemea kupata gunia 6 mpaka 7

Na mkanamna nalima heka 4 na kila heka nategemea kupata gunia 4 mpoaka 5

Nina jumla ya Hekari kumi na moja za Maharage na ninazalisha kila mwaka. Kwa mwaka wenye mvua nzuri nunaweza kupata gunia 50 mpaka 45, mvua zikiwa mbaya Napata gunia 28 na 25

Nalima maharage kwa trekata kupanda na kuvuna, nikivuna natafuta matajiri kuja kununua

Nikisha uza nakaa chini na mke wangu tunapanga tufanye nini.

Tumesha jenga nyumba mbili Boma, moja Dar es Salaam na tumeshasomesha watoto

Nimenunua Boda boda mbili kuwawezesha ndugu zangu.

**04:00 Mtangazaji**

Huyo ni mkulima Rashidi akielezea faida anazopata kwa kulima maharage. Swali letu la leo linasema: Je, maharage yanavirutubisho gani katika mwili wako. Nakatika swali hili kuna wakulima walio jibu kwa kubipu namba 0687 140142 tuwasikilize.

**Sauti za wakulima**

Unapata virutubisho sawa na kula nyama na maharage

Ningepeda kuwashauri wakulima kula maharage kwasababau yana protini nyingi. Maharage yanarutubisha udongo kwa kutoa Madini ya Naitreti

Maharage yana Protini

Mharage yanatengeneza maziwa ya soya kwa watoto.

Naitwa Isaya Maharage yana protini nyingi na vitamin pia

Inaongeza nguvu mwilini na Protini.

Hawa ni Wakulima wakichangia katika swali letu linalisema kuwa; je Maharage yanavirutubisho gani? Na wamebipu kupitia namba: 0687140142.

**06:40 Muziki…**

**06:47 Mtangazaji**

Msikilizaji wa kipindi hiki cha kilimi ni utafiti nimetembelea katika kijiji cha Cheki maji Wilaya ya Hai Mkoani Kilimanjaro na tuko katika mjadala na wakulima wa maharage. Tunazungumzia virutubisho vinavyopatikana kwenye zao la maharage na masoko ya maharage. Watajitambulisha na kutuambia ni virutubisho vinavyopatikana kwenye zao la maharage

Unaitwa nani Dada?

**Sauti za Wakulima**

Naitwa shaili

**Mtangazaji:** Ni virutubisho gani unapata kwenye maharage?

Virutubisho ni Protini na Madini.

**Mtangazaji:** Niambie unaitwa nani na niambie ni virutubisho gani vinapatikana kwenye zao la maharage?

Naitwa Witness Msuya natoka kijiji cha cheki maji, virutubisho vinavyopatikana kwenye maharage ni protini pamoja na madini ya chuma.

**Mtangazaji:** Niambie unaitwa nani na niambie ni virutubisho gani vinapatikana kwenye zao la maharage.

Majina naitwa Asumani Salehe, virutubishio vinavyopatikana kwenye maharage ni Kalsiamu.

**Mtangazaji:** Niambie unaitwa nani na niambie ni virutubisho gani vinapatikana kwenye zao la maharage

Naitwa Fatuma Salum Mariane vitutubisho vinavyopatikana ni Protini na Madini ya chuma.

**Mtangazaji:** Ni namna gani ambayo unaanda maharage ili virutubisho ambavyo mmevitaja havipotei?

Nachemsha kwanza kwa kufunika na kuweka moto wa size.

**Mtangazaji:** Ni namna gani ambayo unaanda maharage ili virutubisho ambavyo mmevitaja havipotei?

Mimi natumia kuni na mara nyingi yanakuwa yameiva, naweka maji juu ya mfuniko.

**Mtangazaji:** Kwa maharage ambayo umevuna hivi karibuni na maharage ambayo umevuna mwaka mmoja uliopita unaweza ukalinganisha uivaji wake

Hapana yanatofautiana, yaliyovunwa juzi yanaweza kukaa dakika 25 mpaka 30 lakini yale ambayo nimevuna mwaka jana si chini ya dakika 54 kuyachemsha

**Mtangazaji:** Unaweka viungo gani unapopika maharage?

Naweka kitunguu saumu, kitunguu maji kama kuna hoho naweka na mafuta kidogo na unwaweka vitu hivi wakati maharage yameshaiva vizuri.

**Mtangazaji:** Tuangalie masoko ya maharage, Baba tuambie masoko ya maharage yanapatikana wapi?

Kwakweli maharege watu wanakuja kuchukulia kutoka Boma, hatuna masoko maalumu.

**Mtangazaji:** Soko la maharage na soko la mazao mengine, Je maharage yanasumbua kupata soko?

Hapana maharage hayasumbui kupata soko, Tunauza kwa sado moja kwa 7,000 na ginia linaingia sado 30. Ginia linakuwa ni 210,000

**Mtangazaji:** Unaweza kuhifadhi maharage kwa muda gani ndani yasiharibike?

Unaweza ukaweka miezi 6 au 5 inatagemea, unmaweza ukaweka dawa kwa yale ambayo unahifadhi kwa muda mrefu na kwa yake ambayo unatumia karibuni huweki dawa

**Mtangazaji:** Dawa gani mnahifadhia maharage?

Sana tunatumia majivu, tunachanganya na maharage lakini pia kitaalamu tunajua kuna dawa inaitwa SHUMBA

**Mtangazaji:** Unafanyaje kuhakikisha dawa inaondoka kabla hujapika maharage

Kabla hujapika unaosha maharage vizuri kwa maji safi, unaosha mara mbili ndipo ubandike jikoni

**Mtangazaji:** Unaweza kuloweka kabla hujapika?

Unaweza kuloweka lakini usimwage yale maji amabayo umelowekea, utapoteza thamni ya maharage kwasababu yale maji ya kwanza ndi yanaprotini. Ukiloweka maharage unapika kwa muda mfupi

**14: 22 Mtangazaji**

Ni mjadala wa wakulima wa kijiji cha cheki maji wa wilaya ya hai mkoani Kilimanjaro tukiwa tunazungumza virutubisho vinavyo patikana katika zao la maharage lakini vile vile masoko ya maharage

Ndugu msikilizaji leo tunazungumzia virutubisho vya maharage na masoko ya maharage, ninaye mkulima kutoka Kijiji cha cheki maji kutoka mkoa wa Kilimanjaro Wilaya ya Hai mkoa wa Kilimanjaro, Unaitwa nani?

**Mkulima**

Naitwa Fatuma Salumu Mariale ni mkazi wa kijiji cha chekimaji rundugai kata ya Masame Wilaya ya Hai.

**Mtangazaji:** Ni virutubisho gani vinavyopatikana kwenye maharage?

Maharage yana Protin, yananipa nguvu mimi mlaji yana madini joto, nayafurahia sana maharage

**Mtangazaji:** unawezaje kuandaa maharage iliyaweze kuwa na virutubisho ulivyovitaja?

Ninachemsha maharage kwa muda wa lisaa limoja, baada ya hapo nina unga. Ninaweka chumvi ninapochemsha kuipa ladha

Mtangazaji: Uchemshaji wa maharage yaliyovunwa mwaka ukiopita na maharage yaliyovunwa karibuni uchemshaji wake unalingana?

Yele yaliyomaliza mwaka nachemsha kwa Zaidi ya lisaa lakini haya mengine ni kama dakika 40 tu

**Mtangazaji:** Kunawatu wanamwaga maji baada ya kuchemsha maharage, Je ni sawa?

Ukimwaga maji utapoteza ladha na bado kule ndani virutubisho vitakuwa havipo

Maharage unaweza ukala jinsi ambavyo unapenda wewe mwenyewe, ladah inategemea jinsi unayoandaa maharage

Mharage yanaliwa kama chakula na pia yanaliwa kama mboga. Nisawa na mtu aliyekula samaki au nyama.

**Mtangazaji:** Mnapata wapi masoko ya maharage?

Tunauza humuhumu kijijini na mengine tunauza nje ya wilaya, wateja wanakuja na wanazunguka nyumba hadi nyumba maharage yanasoko sana

Unatoa bei unayotaka wewe hataki anaondoka zake

**Mtangazaji:** Unaweza kuhifadhi maharage kwa muda gani ndani bila kuharibika?

Unahitaji kukausha juani kwanza na baada ya hapo unaweza kuhifadhi kwa kutumia mapipa au mifuko, ila sisi wakulima tunatumia madumu au madiaba na tuna weka majivu, uanweza kukaa hata kwa mwaka mzima. Hayuwezi kuhifadhi Zaidi ya miaka miwili maharage kwetu sisi ni zao la biashara

**Mtangazaji**: Bei ya Maharage na mazao mengine ikoje?

Bei ya Maharage ni nzuri kwasababau guni tunatoa kwa 220,000 wakati gunia la mahindi ni 30,000

Naipenda maharage

Nashuri wakulima wengi walime maharage hayachoshi sana na ni zao la muda mfupi, huwezi kupata hasara ni tofauti na mazao mengine. Hili zao linamnyanyua mkulima kwa haraka Zaid

**21: 01 Mtangazaji**

Asante sana mkulima Fatma Salum mariane kutoka kijiji cha cheki maji wilaya ya Kilimanjaro akielezea virutubisho vilivyopo katika maharage na masoko ya maharage

Ni wakati sasa wakumsikiliza Asha msangi kutoka Wilaya ya Meru Mkoani Arusha ili aweze kutuelezea kitaalamu virutubisho vilivyopo katika maharage, na hapa anahojiwa na Samwel Shayo

**21: 26 Samwel Shayo**

Msikilizaji wa kipindi cha kilimo ni utafiti niko Almashauri ya meru mkoani Arusha nakutana na mtaalamu wa lishe na tunazumgumzia virutubisho vinavyopatikana kwenye mazao ya maharage na kazi zake mwilini na nimuda gani wa kuhifadhi maharage bila kupoteza virutubisho vyake

Mtaalamu atatueleza yote hayo.

**21:59 Mtaalamu**

Kwa majina naitwa Asha Msangi ni mratibu wa lishe halmashauri ya Meru. Maharage inavirutubisho vya protini, virutubishi hivi ni sawa na vinavyopatikana kwenye nyama. Ni virutubisho Muhimu sana kwenye mwili wa mwanadamu kwasababu vinajenga mwili. Kuna vitamin B, madini ya chuma, madini ya chokaa, na zinc.

Protini inajenga mwili, kwa motto inasaidia ukuaji mzuri na vitamin B inasaidia mfumo wa chakula na inaponyesha vidinda kwa haraka na mtu aweze kulala vizuri, mtu akikose vitamin B anakosa usingizi, anakuwa mchovu. Mdini chuma inasaidia utengenezaji wa damu, ukikosa damu unakosa nguvu, uchovu na moyo unaenda haraka haraka. Madini ya chokaa yanaimarisha mifupa ukikosa mifupa mtu anakuwa nthaifu na anaweza kuwa na matege

Mdini ya zinc yanasaidia kukua, ukikosa zin unachelewa kubalehe na unaweza kushambuliwa na mapele na vidonda vinachelewa kupona inaboresha uzazi

**25: 45 Samwel shayo Maharage yahifadhiwe kwa muda gani ili virutubisho visiweze kupotea?**

Sio rahisi virutibisho vilivyopo kwenye maharage kupotea kwa haraka. Katika mapishi pika maharage kwa muda mfupi. Pika na pressure cooker au loweka na pika kwa sufuria na funika na sufuria lenye maji

Yale maji pia uanweza kutumia kama maji ya kunywa hutatumia mkaa mwingi

Kwanzia umevuna maharage hayapotezi ubora mradi umetumia mbinu nzuri za uhifadhi, unaweza kuhifadhi hatra miaka mitatu

Haijalishi kwamba imekaa miaka minagapia, ila tu maharage yaliyohifadhiwa kwa muda mrefu utahitaji kuloweka kwanza kabla kuchemsha

**28:27** Huyo ni mtaalamu wa lishe kutoka Halmashauri ya Wilaya ya Meru Mkoani Arusha akielezea virutubisho vinavyopatikana katika maharage akiwa anahojiwa na Samwel Shayo

Msikilizaji kunawakati ambapo ulibipu na kuuliza maswali kuhusiana na mada hii katika namba yetu; 0687140142 na moja kwa moja mtaalamu yuko tayari kujibu maswali yako

**Sauti za Wasikilizaji**

Pritini inakazi gani katika mwili wa binadamu?

Protini ndio inayosaidia ukuaji wa mwili na uimarishaji wa mwili, mtu anayekosa protini ukuaji wake unakuwa sio sawa

Kama protini inapatikana kwenye maharage inakuaje pia inapatikana kwenye nyama?

Vyanzo vya prptini vinatokana na viti viwili kwanza ni Wanyama na pilii ni Mimea. Mfano nyama maziwa, samaki na pia inapatikana kwnye mimea jamii ya mikunda ambayo maharage ni miongoni mwa jamii ya mikunde

Naitwa Sabira nataka kujua ni virutubisho gani vinapatikana kwenye zao la Maharage?

Kuna vityamini B, Madini ya chuma, kuna chokaa na kuna madini ya zinc. Vitamini B inaongeza apetite na pia inasaidia uyeyushwaji wa chakula na kuponya vidonda haraka na kuimarisha ngozi na magonjwa ya ngozi. Mdini chuma yanasaidia kutengeneza Damu , mtu asiyekuwa na damu anakosa nguvu anapumua kwa shida na moyo unaenda mbio kwahyo ndo dalili za kutokujua kuwa mtu hana madini chuma na kuna madini ya chokaa, kazi yake inaimarisha mifupa na kuwa migumu kuna mtu akijigonga tu kidogo jinp linameguka na pia ukosefu wa madini ya chokaa unasababisha matege, madini ya zin yako pia, madini ya zinc yanasaidia kurekebisha mfumo wa uzazi kama ni msichana/mvulana anachelewa kubalehe na kuvunja ungo kwa msichana inasaidia pia kwenye magonjwa ya ngozi pia ni njia moja wapo ya kuongeza kinga ya mwili.

**32:27 Mtangazaji**

Ni mtaalamu wa kilimo Asha msangi akijibu maswali yako mkulima au msikiloizaji ambeye umepib 0687140142. Wiki ijayo tutatathmini na kukamilisha kampeni hii ya maharage na tutakupa nafasi ya kujibu maswali ambayo inahusiana na vipindi hivi ambavyo vimekuwa vikikujia kila siku ya jumanne kwanzia saa kumi na mbili jioni nakurudiwa siku ya alhamisi saa tatu usiku

Utakapo jibu maswali haya utatuwezesha sisi kujua namna ambavyo vipindi vinasikilizwa na vimekuwa msaada kiasi gani kwako utatupa nafasi ya kufahamu hilo

Mpaka hapa nakamilisha kipindi hiki cha kilimo ni utafiti ambacho kimekujia toka sauti ya Injili Moshi

Leo tumeangalia virutubisho vya maharage na masoko ya maharage, tumewasikia wakulima toka kijiji cha Cheki maji wilaya ya Hai mkoa wa Kilimanjaro na mtaalamu wa kilimo Asha msangi toka Halmashauri ya Meru. Ukiwa na maswali mapendekezo na ushauri namba uniandikie, kwa mtayarishaji wa kipindi cha kilimo ni utafiti Redio sauti ya Injili sanduku la Barua 777 Moshi au unaweza kuandika barua pepe kwenda [radio@elct.org](mailto:radio@elct.org) au wasiliani ana mtaalamu wa kilimo aliye karibu na wewe

Kipindi hiki kimeletwa kwenu Kwa ushirikiano wa Redio sauti ya injili na Farmradio International Arusha

Kwa niaba ya wote waliofanikisha kipindi hiki Mimi ni Helen Madijongo.