

YAM

- ♦ Putim yam ino gat sikirap o bruk long haus yam. Rausim kru taim i kamap.

TAPIOK

- ♦ Larim tapiok istap insait long graun inap long taim bilong kamautim.
- ♦ Brukim olgeta kru 3-pela wik bipo long yu kamautim bai istap gut.
- ♦ Putim tapiok long ol hap we wara na win ino holim.

Sapos yu laik save moa long dispela toktok na ol arapela wok bilong NARI, rait i kam long:

Information Centre
NARI Main Highlands Programme
Aiyura Valley
PO Box 384
KAINANTU
Eastern Highlands Province

Telephone: (675) 737 3500/ 737 3561
Facsimile: (675) 737 3516
Email: narimh@global.net.pg



National Agricultural Research Institute

Oi Sampela Rot Bilong Lukautim Kaikai I Save Karim Insait Long Graun



LUKAUTIM YU YET LONG TAIM NOGUT

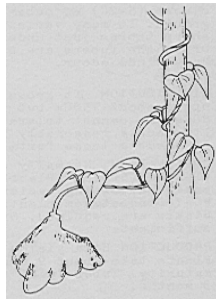
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TOK IGO PAS

Long taim bilong bikpela san, kaikai i save sot. Bilong wanem, ol samting kamap long graun i save dai taim wara i sot o ais i kukim. Na tu planti kaikai ino save stap longpela taim.

Hia em sampela rot bilong lukautim **kaukau**, **taro**, **yam** na **tapiok** bai i ken stap longpela taim bilong famili kaikai.



Piksa 1. Yam tru

KAUKAU

Kaukau isave bagarap hariap taim em i kamaut long graun. Ino gat nupela rot tasol pasin tum-buna bilong lukautim kaukau i gutpela.

- ♦ Wokim bet igat longpela lek na putim kaukau long san bai i ken drai gut. Bihain putim kaukau insait long haus bilong kaikai.

TARO TRU na KONGKONG (Singapo)

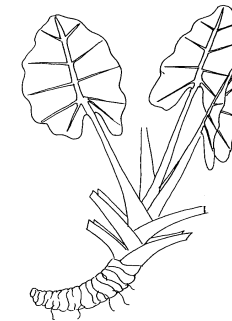
Taro tu isave bagarap hariap taim i kamaut long graun olsem kaukau.

- ♦ Wokim hul, putim skin kokonas o drai banana lip long aninit na sait. Putim taro namel. Pasim wantaim sampela skin kokonas o lip na graun long antap.

TAIS TARO na PARAGUM

Dispela 2-pela taro i save kamap long nambis na ol liklik ailan (atoll).

- ♦ Wankain rot olsem long taro tru na kongkong we stori i stap antap.
- ♦ Putim taro insait long wara o aninit long wesani gat wara bai stap longpela taim.
- ♦ Ol paragum (giant taro) iken stap olsem yam insait long haus yam.



Piksa 2. Paragum (Giant Taro)