

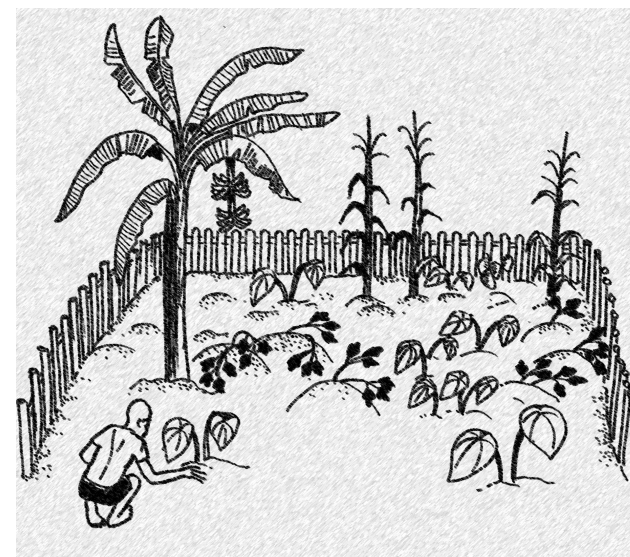
Taim ren i kam bek, **no ken planim olgeta sid**,
nogut ol i dai gen. Planim liklik na wet inap planti
ren i pundaun pinis. Sampela taim bihain long
taim igat longpela drai, ren i save giaman.

Wan wan fama i mas go pas long lukautim ol sid
bilong ol kaikai.



National Agricultural Research Institute

Lukautim Kaikai Long Gaden Long Taim Bilong Bikpela San



LUKAUTIM YU YET LONG TAIM NOGUT

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

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TOK IGO PAS

Long taim bilong **bikpela san**, ol gaden i save bagarap. Bilong wanem, kaikai i kamap long graun i save dai taim wara i sot o ais i kukim. Na tu, ol sid bilong wokim ol nupela gaden i dai.

Yumi mas lukautim gut ol sid bilong kaikai long ol rot we bai istap gut bilong planim nupela gaden bihain long ol taim nogut.

Hia em sampela rot bilong lukautim ol sid kaikai.

KON, BIN, PINAT NA OL ARAPELA SID

- ◆ Ol kaikai mas mau na drai gut long diwai.
- ◆ Kisim na putim long san bai i drai liklik moa.
- ◆ Hangamapim antap long ples paia na larim i stap inap taim bilong planim.
- ◆ I gutpela moa long putim sid insait long tin o botol i klin wantaim lid bai i pas gut.
- ◆ Sekim oltaim long binatang. Sapos igat, orait rausim ol binatang wantaim sid i nogut na wasim tin o botol. Putim ol narapela igo bek.
- ◆ Sapos igat oil bilong kuk, putim liklik wantaim ol sid. Sit bilong paia tu i gutpela long putim wantaim sid insait long tin o botol.

KAIN KAIKAI OLSEM YAM NA POTETO

- ◆ Bungim inap sid bilong planim bihain.
- ◆ Long taim hangere, putim liklik het bilong yam bilong planim na kaikai traipela hap.
- ◆ Katim ol kaukau, yam, taro na poteto igo liklik hap na putim long neseri bai igat planti sid long planim. Nem bilong dispela pasin em **mini-set**. I mas igat ai bilong kru i kamap long ol dispela liklik hap sid.
- ◆ Stretim graun gut na planim sid bai iken karim traipela. Kain pasin olsem wokim bikpela hul bilong planim yam na putim mals o pipia bilong haus, i gutpela.

OL SID IKAM LONG ROP, BUN NA HAP KAIKAI

- ◆ Planim ol kain kaikai olsem taro, kaukau, tapiok, aibika, suga, pitpit na ol arapela long hap we igat wara olsem tais o arere long bikpela wara.
- ◆ Sapos i nogat kain hap, givim long wantok i gat kain ples olsem.
- ◆ Givim wara na lukautim gut ol sid kaikai sapos i nogat wantok i stap long kain ol ples.
- ◆ Planim ol liklik hap sid taim ren ikam gen.