3. Umquba wezitshalo wezilwane kanye nongamanzi

Umquba ongamanzi indlela elula yokusiza izitshalo zakho. Ungenziwa ngezitshalo noma ngomquba wezilwane. Inhloso yalokhu ukunikeza izitshalo ukudla kwemvelo ngenkathi zisakhula. Kusiza kakhulu kulezo zitshalo ezidla kakhulu njengekhabishi ukuthi unikeze izithombo uxhaso ngenkathi zisakhulu

Ungawukhanda kanjani umquba wamanzi

Isitshalo esihle ekukhandeni umquba wamanzi u comfrey. Okukakhulu kazi ungasebenzisa amacembe aluhlaza kanye neziqu zakhona kanye nokhula konke kulungile. Ngwema izitshalo ezinephunga elinamandla. Izitshalo zakhiwe ngezinto eziningi zemvelo ezitholakala emhlabathini futhi zithatha lezinto emhlabathini. Kakho-ke kubalulekile ukuthi ukuthi usebenzise izinhlobonhlobo zezinto.

- Qinisekisa ukuthi isitsha sakho sihlanzekile ngaphambi kokuthi usisebenzise.

- Qoqa izitshalo uzifake esitsheni sakho usigcwalise. Bese uqubeke ulokhu ufaka njalo ngeviki.

- Beka itshe ngaphezu kwezitshalo bese uvala ngesivalo. Ungawafaki amanzi. Izitshalo zizozenzela amanzi azo.

- Beka ngaselangeni bese ubheka ngemuva kwamaviki amabili ukuthi amacembe awakabi mnyama yini. Uma ugunqula isitsha sakho kumele kuphume okusamanzana amnyama. Lokhu kungamanzi ashubile angumquba.

- Lamanzi ashube kakhulu kumele ahlanjululwe kanje :Izithombo : 1 ithini lomquba wamanzi emathinini angu 4 amanzi Izitshalo ezinkulu : 1 ithini lomquba wmanzi emathinini angu 3 amanzi. Uma unxube kwashuba kakhulu kungawashisa amacembe akho.

Njalo ngemuva kwamasonto amabili thela lomquba uzungeleze izitshalo zakho, ngemuva kokuthelela.

Kumele uthele okungenani ithini elilodwa lalomquba osuhlanjululiwe ngamanzi esithombeni ngasinye noma isitshalo. Ithini kumele kube ilelo elilingana nalelo likajamu.

Ungawakha kanjani umquba wamanzi ngomquba wezinkomo

Umquba ongasetsheziswa owezinkukhu, onogwaja ,inkomo ,imbuzi kanye namagusha.Umquba oxutshiwe uyancomeka.

- Faka umquba wakho omusha oxutshiwe bese uwufake esakeni bese ubopha phezulu.

- Faka isaka esitsheni bese ulibophela endukwini noma emchilweni. Bese ugcwalisa isitsha ngamanzi . Udinga ukuvaka amalitha angu 10 amanzi ku 1kg womquba .Lokhu kusho ukuthi isaka lamawolintshi eligcwele umquba lingena ebhakedeni elikhulu ,noma uhhafu wesaka ebhakedeni elijwayelekile lasekhaya. Lokhu kuyindlela yokugcina umquba namanzi kuhlukene, akumele ufake umquba omanzi ezitshalweni zakho.

- Vala isitsha sakho ngesivalo.

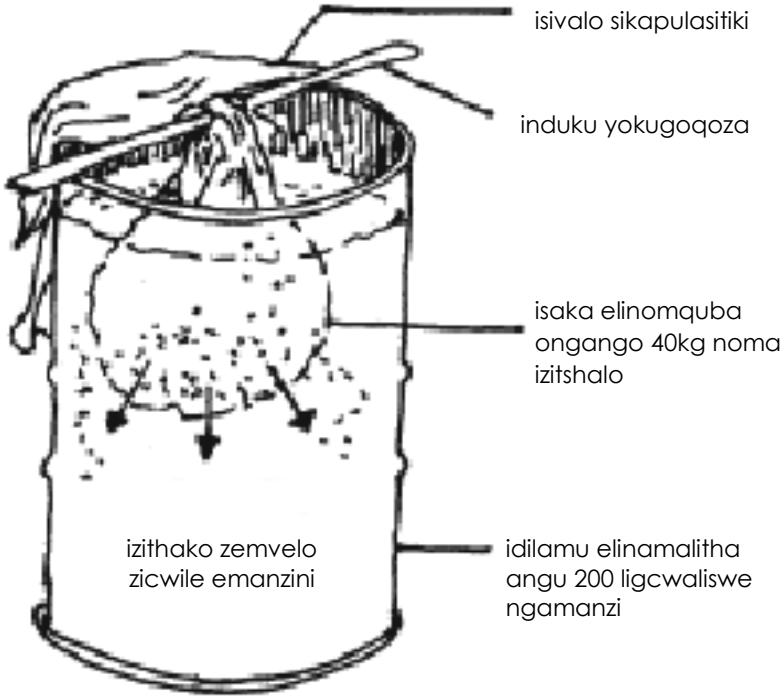
- Ngemuva kwamaviki amabili umquba uzobe usulungile ukuthi ungasetshenziswa. Kumele kubukeka njengetiye elilula. Ngaphambi kokuba usebenzise lomquba kumelele uwugoqoze kahle.

- Lomquba unzima kumele uhlanjululwe ngamanzi. **Izithombo** : 1 ithini lomquba wamanzi emathinini angu 8 amanzi (ibhakede noma amabhodlela)

Izithombo: 1 ithini lomquba wamanzi emathinini angu 4 amanzi
Uma uxube kwabanzima kungashisa izithombo zakho

Njalo ngemuva kwamaviki amabili faka umquba wamanzi ezitshalweni zakho, ngemuva kokuchelela.

Futhi, sebenzisa ithini likajamu eligcwele kuleso naleso sitshalo noma isithombo. Qikelela ukuthi awufaki umquba wamanzi phakathi nemini noma elangeni elishisayo.



From: Production without Destruction

Udinga lokhu:

- Udinga isitsha esngu: 101itre noma ngaphezulu
- Isaka lelo ungalithola : kungaba elamawolintshi ,elokudla noma isaka lengubo
- Induku eqinile noma indophi
- Into ozobopha ngayo isaka
- Isivalo sokuvala isaka.