

4. Tlahiso ea sethopo



Setšoantšo sena se bontšamokhoa oa ho koahela leifo la sethopo ka matlakala a roketletsoeng 'moho. Sethopo se sirelelitsoe khahlanong le lebatama la letsatsi le moea o phallang ka matla.

Sethathong

- ❖ Etsa bonnete ba hore u na le peo e ntle e sa bolang
- ❖ Etsa bonnete ba hore u na le mokhoa oa ho fumana metsi a hloekileng haufinyane, (metsi a seretse ha a hlokahale ho hang!)

Melaonana ea bohlokoa ka metsi

- ❖ U tlameha hoba le metsi haufinyane
- ❖ Metsi a lokela hore a be a hloekileng. Metsi a litšila, ana le seretse se sengata a tla sitisa sethopo ho hlaha.

Melaonana ea bohlokoa ka peo

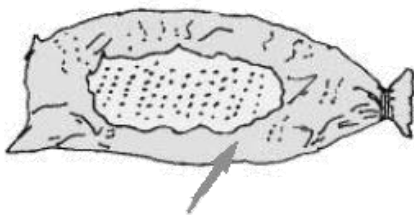
- ❖ Sebelisa peo e ncha. Peo e lokela ho bolokoa selemo ho isa ho tse peli (1-2) feela. Ha u reka peo, sheba pakete eo ea peo hore na e na le nako e kae. Le uena u ka iketsetsa tlhathlobo ea ho bona hore na peo eo u nang le eona e ka hlaha na pele u jala serapa kaofela (Talima qetello ea leqhephe)
- ❖ Peo e lokela ho behoa moo ho pholileng, moo e sa chabeloeng ke letsatsi e bile ho se mongobo. Haeba u reka peo, e tsa bonnete ba hore peo eo e lutes moo ho pholileng, ha e ea chabelo ke letsatsi, hape ha ho mongobo. Ha eba lipakete tsa peo li lutse moo li chabetsoeng ke letsatsi, ho hang u seke oa lireka
- ❖ Haeba u iphetse peo lilemong tse feteling, etsa bonnete ba hore ha ena hlobo, mengoapo, likoti le ho peperana.
- ❖ Haeba u rekile peo, kamorao ho pakete, ngola selemo le khoeli tseo u e rekileng ka tsona, u tle u tsebe ho ikhopotsa matsatsing a tlang.
- ❖ Netefatsa hore peo eo u ikotuletseng eona serapeng u e jala kamo'a nako e itseng. Ha u ka e jala hang kamor'a kotulo, moroho o tla thunya le ho etsa peo kapele.

- ❖ Etsa bonnete ba hore u na le mobu o nonneng o senang lehlabathe. U khothaletsoa ho bala sehloho "*Ntlafatso ea mobu*".
- ❖ Etsa bonnete ba hore ho na le moriti moo u ka sireletsang sethopo sa hau.

Teko



Thlathlobo/teko ea ho bona hore na peo e tla mela. Etsa teko ena haeba u belaela peo ea hau o bona e ka e ke ke ea mela



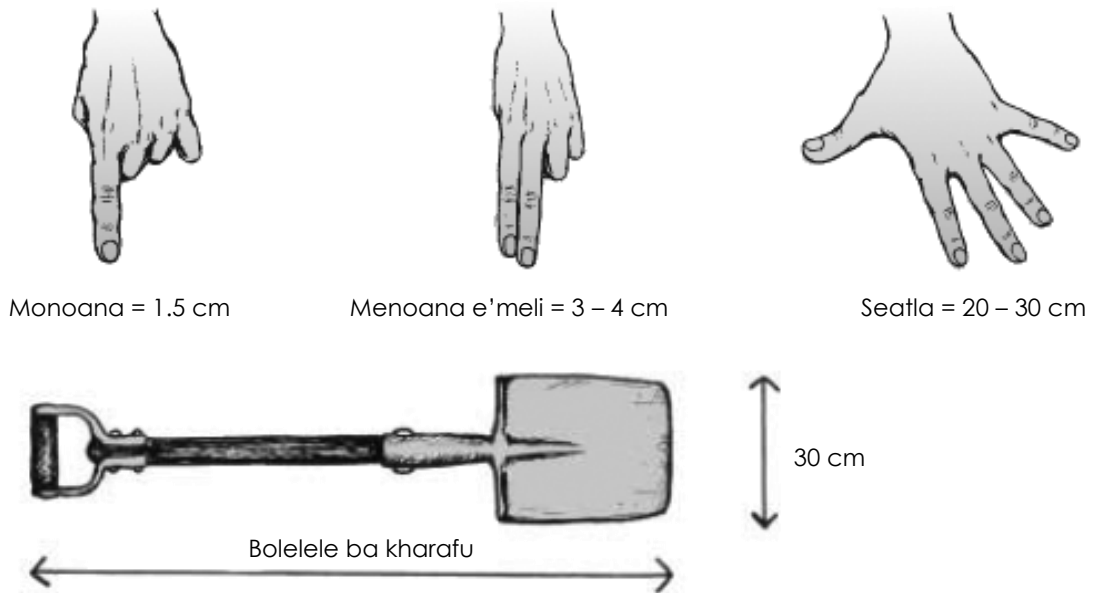
Mocheso ka hara polasetiki o bakiloeng ke lesela le mongobo

Pele u jala, uka e tsa teko ea ho bona hore e feela peo eo u nang le eona e tla mela, 'me hona ho tla u bontša hore na ke peo e kae e tlang ho mela.

- ❖ Nka peo tse mashome a mahlano (50), li behe holima pampiri kapa lesela le mongobo. Se ke ua fihlela peo ka metsing kapa ua e omisa haholo.
- ❖ Beha pampiri kapa lesela le phuthetseng peo ka hara polasetiki, e butsoele u ntano e koala.
- ❖ Hlahloba peo khafetsa ho bona hore na ke tse kae tse metseng. Peo ena e polasetiking e kanna ea nka matsatsi a mararo hoisa ho a leshome (3-10 days) hore e mele.
- ❖ Kamora'o ho moo, bala lipeo tse metseng.

Mohlaleng o ka holimo, lipeo tse mashome a mane ho tse mashome a mahlano li eli tsa mela. Hona ho bolela hore ke mashome a robeli lekholong (80%) a peo e metseng.

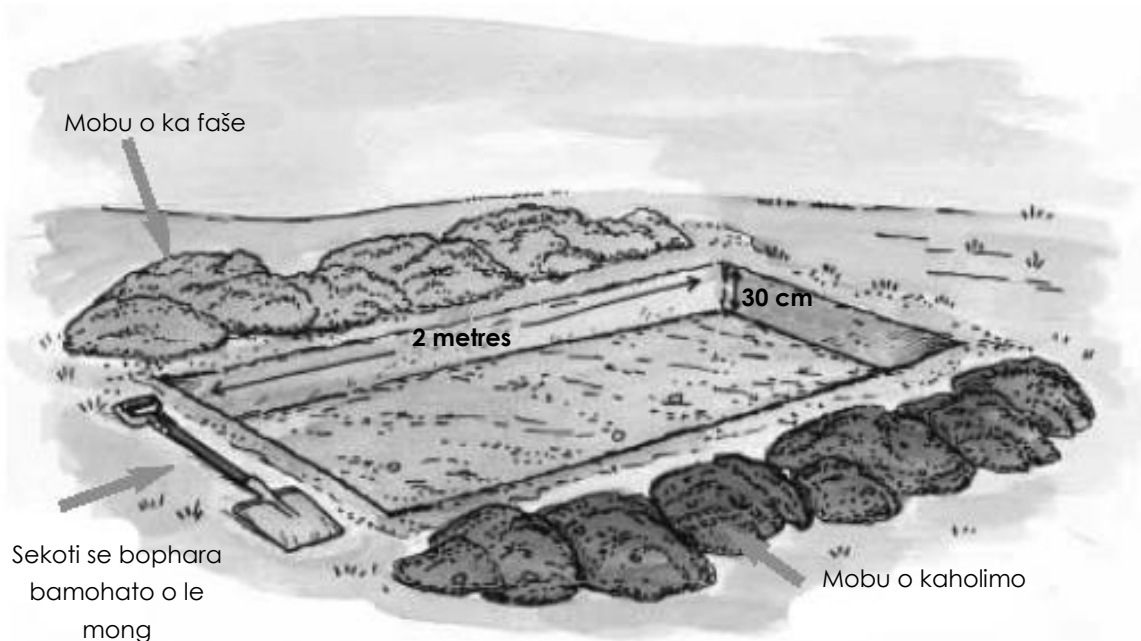
Mokhoa oa ho metha



Tokiso ea leifo

Leifo ke sebaka serapeng se nang le mobu o manoni, ho bile hona le mokhoa oa ho sireletsa sethopo seo letsatsing, le hore sethopo se se ke sa fumana serame.

Cheka sekoti 'me u lekanye ka kharafu, bophara le bolelele ba eona. Sekoti se be bolelele ba mohato kapa mehato e 'meli (1-2m).



Ha u ntse u cheka sekoti, etsa bonnete ba hore u arola mobu o ka holimo (hangata o tla fumana o le motsonyana tjee) ho o mong. Lema kahare ho sekoti e le ho qhalakanya mobu o se ke oa eba le makoete.



Kopanya mobu o neng o le kaholimo ha u ne u cheka sekoti ka likarolo tse lekanang le manyolo, motsoako oa molora kapa mosuela. Tlasa sehloho sena "Ntlafatso ea mobu", u tla bala ka mekhoha ea ho lokisa manyolo le mosuela.



Ha u qeta ho etsa motsoako ona, u sefe pele u o busetsa. Ha u sena sefe, e tsa bonnete ba hore motsoako ha o na lintho tse kang mahlokoana, makhasi a lifate, majoe, makoete joalojoalo tse ka sitisang sethopo ho hola se atlehile. Qoba ho tsamaea holim'a seratsoana ha u qetile mosebetsi oa hau.



Leifo le lokela hoba bophara ba bolelele ba kharafu. Lebaka ke hore u tle u tsebe ho fihlela bohareng ba leifo u sa le hate. Ho hata ho lima leifo haholo ha mobu o le metsi, ho senya mobu, obe thata ebe o sitisa sethopo hore se hole.

Mokhoa o senang litsenyehelo tse ngata oa ho etsetsa sethopo sa hao moriti ke oa ho sebelisa lipalo, mahlakana kapa mohlomo.



Ho jala

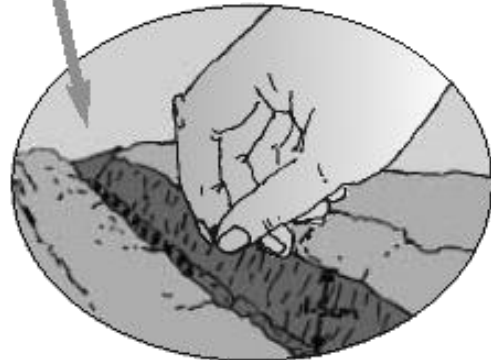
Lipeo tse fapakaneng li lokela ho jaloa ka mekhoe e fapakaneng.

1. Ho jala o sa etse sethopo/ Ho sunya peo mobung

Mefuta e meng ea lipeo e batla ho jaloa serapeng eo li tlang ho holela teng li sa etsoe sethopo, hobane li ka utloa bohloko ha lintse li hlongoa li hlongolloa.

Mefuta e joalo ea lipeo ke ea linaoa, bete, lihoete, cucumbers, garlic, poone, lierekisi, litapole, mokopu, rapa le meroho e meng.

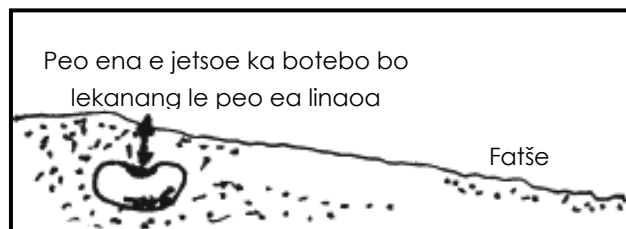
Peo jaloa ha sesame ka makhethe hore e felle hantle ka forong



Foro kapa mola otlameha ho ba botebo ba monoana (1.5 – 2 cm)

Lipeo tse sesanyane tse kang tsa lihoete, rapa le meroho e meng lia tebisoa ha li jaloa. Etsa foro e kabang botebo ba monoana (1.5cm deep/1 finger width). Tšoara peo pakeng tsa monoana oa bosupa le o motona ebe u e jala ka hlokolosi, u entse bonnete ba hore ha e tebe haholo. Jala peo u ntse u siea sebaka sa botenya ba monoana lipakaeng . Etsa bonnete ba hore e anetse mola hantle kaofela. Koahela peo ka mobu, mosuela kapa manyolo, e be u hatella hantle ka monoana.

Lipeo tse tenya tse kang tsa linaoa, li jaloa ka botebo bo nkang botenya ba tsona. Ha ngoe ho isa bobeling. Ha li ka tsa tebisoa ho feta mona li ke ke tsa mela. Le teng ha li ka phaphamala ka holimo, e tlare sethopo ha se qala se hlaha e be se a robeha.



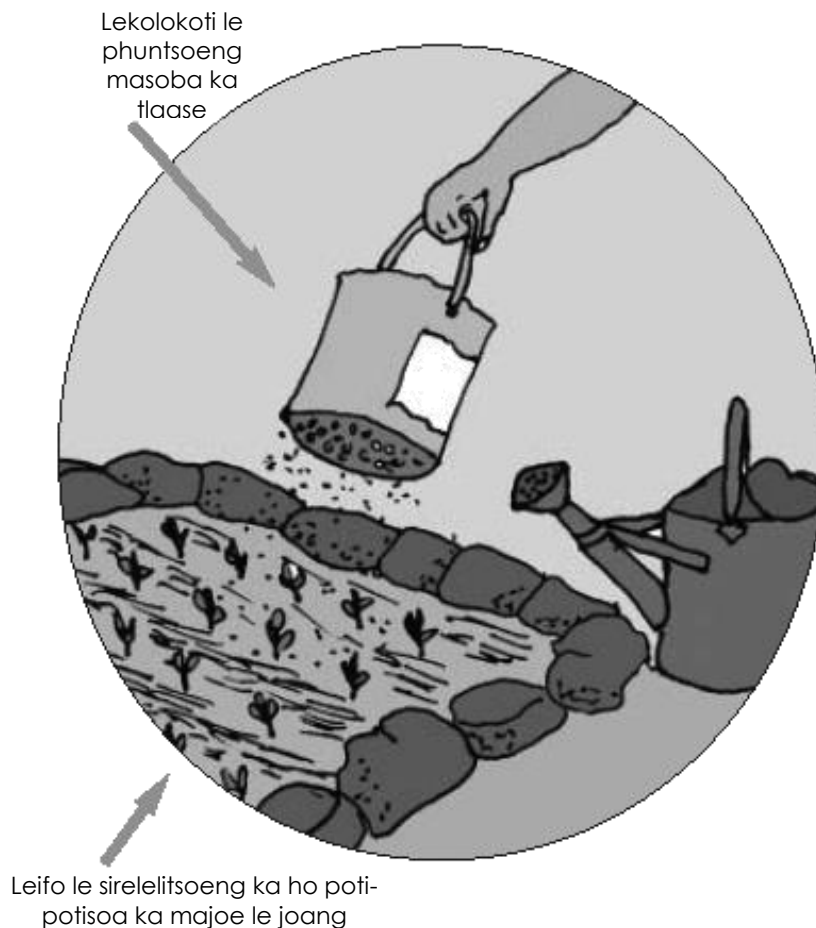
2. Ho etsa sethopo

Lijalo tse ling li hola le ho atleha ha li entsoe sethopo pele li ntano hlomoala li isoe serapeng. Lijalo tse joalo e kaba broccoli, k'habeche, cauliflower, chilisi, eggplant, lipepere, leeks, selae, anyanese, sepinichi le tamati.

Tse ling tsa lijalo tse kaholimo li ka jaloa li le joalo kapa tsa etsoa sethopo, khetho ke ea motho ka mong hore na eena u thabelang. Lijalo tse joalo ke sepinichi, anyanese, garlic le litapole.

3. Tlhokomelo ea sethopo leifong

Lipeo sesanyane joalo ka tsa k'habeche, tamati, anyanese joalo-joalo, ha li jaloe li teteantsoe, hobane sethopo sa teng se tla hlaha se le sesesane, se sa atleha hantle, e bile sena le mafu. Ka tsela ena sethopo se iphumana se tlameha ho tsekisana sebaka sa ho hola hammoho le khanya. Joale, jala peo ha sesane feela e anele leifo lohle. Lipakeng tsa peo, sia sebaka se lekanang le botenya ba monoana. Hang ha u qeta ho kenya peo mobung, ho bohlokoa hore u boloke mobu u le mongobo ka linako tsohle.



Tšella habeli ka letsatsi ha mocheso o le mongata. Nakong ea lehlabula, khotlaletso ke hore u tšelle mantsiboea, mariha teng, tšella hoseng ha letsatsi le chabile. Tšella ka hlokolosi.

Qoba ho tšela metsi ka sekhahla e sere a hohoba peo kapa a batalatsa mobu 'me oa etsa lek'hoko ka holimo. Ha u sena shitiri e nang le molomo o masoba a masesane, u ka iketsetsa ea hau tjena: nka lekotikoti le kang la pente ebe u le phunya masoba a masesanyane ka

fatše u sebelisa sepekere le hamore.

Koahela leifo ka joang. Tlosa joang boo hang ha sethopo se qala ho hlaha, hobane ha usa etse joalo, u sitisa sethopo hore se hole hantle.

- ❖ Hlaola leifo khafetsa ka makhethe.
- ❖ Ho arola sethopo ke ho etsa hore se hole hantle se atlehile. Ha se hlaha, tsetolla se sesesane, ebe u jala feela tse atlehileng. E tsa bonnete ba hore lipakeng tsa sethopo u sia sebaka sa botenya ba menoana e 'meli (3-4 cm) e le hore sethopo sa hau se tle se hole hantle se sa petetsana.

- ❖ U ka sireletsa bo-kathoko ba leifo la hau ka majoe a sephara. Hona ho thibela mongobo ho lahleha o tsoa mabopong a leifo. Matsatsi a mararo ho isa ho a mahlano pele u hloma sethopo, fokotsa makhetlo ao u tšellang ka ona le ho flosa sesireletsi sa letsatsi, e le hore sethopo se floale mathata a komello le mochoso oa letsatsi

4. Ho hloma sethopo

Nako e nepahetseng ea ho hloma sethopo ke ha sena le makhasi a mabeli hoisa ho a tseletseng(2-6). Le methapo ese e tiile. Makhasi a mabeli a hlahang pele ha a bontše hore u ka tsoela pele oa hloma sethopo sa hau, joale emela sethopo hore se tietie pele.

Hloma sethopo mantsiboea kapa ha hole maru. Ka tsela ena, sethopo se tla tseba hore se be se tiele pele ho letsatsi le hlahlamang. Haeba ho bata haholo, sethopo se ka hlongoa hoseng ha letsatsi le se le chabile, mobu le oona ose o futhumetse hanyenyane.

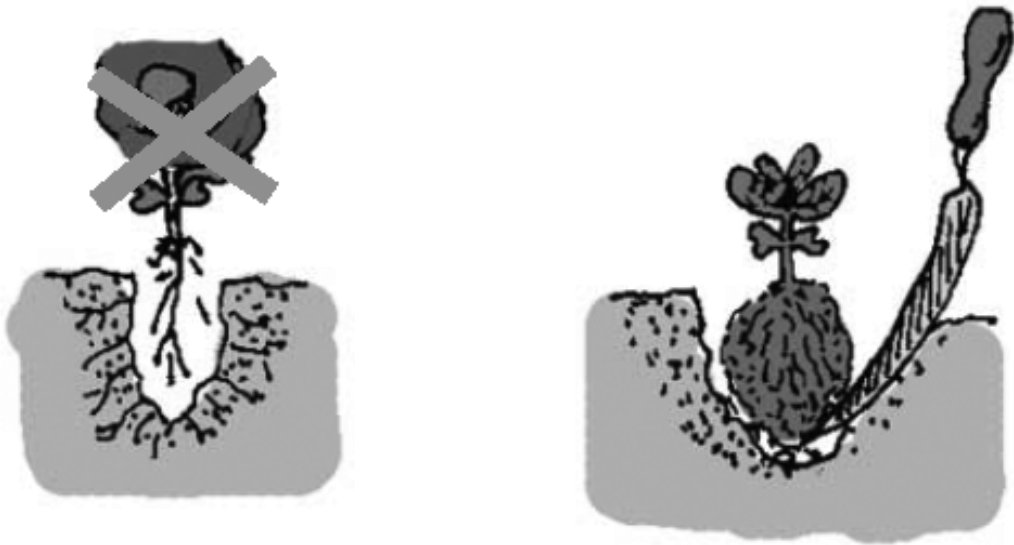


Sethopo se nang le makhasi a mabeli a nnete



Ho tšoara sethopo ka makhasi

- ❖ Lokisa serapa moo u tla jala sethopo teng, u be u se tšelle
- ❖ Etsa bonnete ba hore mobu ha ona makoete, e bile ona le manoni a kang manyolo, molora kapa mosuela.
- ❖ Hlomolla sethopo ka hlokolosi o sebelisa kharafu e nyenyane ea letsoho (SE KE OA HULA SETHOPO KA MATSHOHO!) Leka hore u hlomolle sethopo se ntse se na le mobu o mongata methapong. Tšoara sethopo ka makhasi eseng kae kapa kae.



- ❖ Nakong eo u hlomang sethopo, etsa bonnete bahore methapo ea sona ha e ea kobeha. E tšoanela ho otloloha, e se ke ea sobokelloa ka mokotin

- ❖ Sireletsa sethopo letsatsing ka ho sebelisa lekala la sefate kapa k'hateboto (cardboard). Setšireletsi sena se flosoe ka mora matsatsi a mane hoisa ho a mahlano, ha ho bonahala hore sethopo se se se tsitsitse.

