



SOUTH AFRICA

# I-ONE FOOD: ISETI YEMITHOMBO YAMAFAMA

## IMELANA NEMOZULU, IINDIDI ZEZITYALO NEZILWANYANA EZAHLUKENEYO, IKHUSELEKILE KWAYE IZINZILE

Ukutya yimfuneko ekuphileni, kodwa indlela esikuvelisa ngayo, uthutho nokukulawula kuchaphazela okusingqongileyo. Nolawulo lwenkunkuma na ludlala indima ekugcineni ukuveliswa kokutya kuye ekutyiweni kwako.

Iinkqubo zokutya ezingalawulwayo zinokukhokelela kwiingozi ezingamandla, zisongela impilo yabantu, yezilwanyana neyokusingqongileyo. Ezi ziquka:

- Ungcoliseko oluvela kumayeza anxulumene nezilwanyana
- Izifo zesilimo nemfuyo
- Izitshabalalisi kunye nezityalo eziyingozi
- Izityalo eziyityhefu ezonzakalisa imfuyo
- Imililo yasendle (ebangwe ngabantu) eyonaklisa umhlaba wezolimo

Ukuqonda ezi ngozi kwenza ukuba amafama athathe amanyathelo ngaphambi kokuba kwenzeke ingxaki ekwakheni ukuveliswa kokutya kuye ekutyiweni kwako okomeleleyo.

### Yintoni umba weOne Food?

Umba **weOne Food** uquka wonke umbono wokuveliswa kokutya kuye ekutyiweni kwako, ufaka impilo yabantu, yezilwanyana neyokusingqongileyo. Unceda ukubona iingozi kwaye ukhuthaza ukuveliswa kokutya okuzinzileyo ngexa ugcine indalo enemphilo.

### Kutheni Ubalulekile?

Ukuveliswa kokutya kuthembele kwiindidi zezilwanyana nezityalo ezohlukeneyo, kuthetha iintlobo zobomi bezityalo nezilwanyana kwindalo. Imisebenzi yokufama engenakugcinakala inokuphazamisa olu zinzo, isongela zombini ukufumaneka kokutya nendalo. Indlela **yeOne Food** iphakamisa ukuqonda kwaye ikhuthaza inyathelo lokukhusela iindidi zezityalo nezilwanyana ezohlukeneyo kwaye iqinisekisa uzinzo lwexesha elide.

### UkuThintela iiNgxaki Phambi kokuba zeNzeke

Ngokufunda malunga neengozi, njengezifo, izitshabalalisi kunye nezityalo eziyingozi, amafama anokuthatha amanyathelo kwangaphambili ukukhusela isilimo sawo, imfuyo kunye nokusingqongileyo. Ngolwazi kunye nenkxaso echanekileyo, banokuphepha iingxaki ezinkulu kwixesha elizayo kodwa ngaphandle kokwazi, ezi ngozi zinokungaqatshelwa de kube semva kwexesha kakhulu.



### DID YOU KNOW?

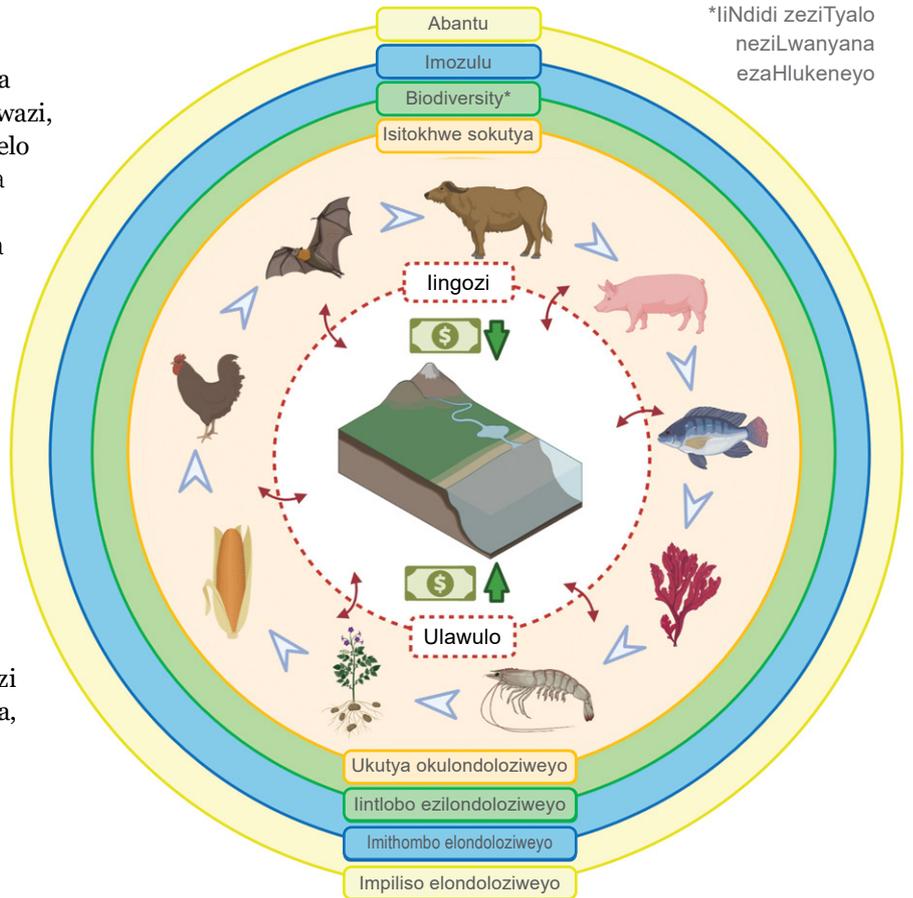
Iprojekthi yeOne Food ijolise ekuxhaseni isitokhwe sokutya esizinzileyo kunye neenzuzo ezinxulumeneyo kuquka ukuncothula neengcambu ubuhlwempu, impilo ephucukileyo yabantu, ukhuselo lweendidi zezityalo nezilwanyana ezohlukeneyo nokusingqongileyo. Ukuphumeza oku, ukuhlanganyelana phakathi kurhulumente, uluntu ngokubanzi kunye neenkokeli zeshishini kuyimfuneko.

ONEFOOD

## YINTONI I-AGROECOLOGY?

I-Agroecology yindlela yokulima ehambisana nendalo, hayi eyichasayo. Idibanisa inzululwazi, ulwazi lwemveli kwezolimo, kunye neenkolelo zoluntu ukuze kukhuliswe ukutya ngendlela enempilo, enobunzima obulinganiselweyo, nezinzileyo. Injongo ephambili kukukhulisa ukutya okwanele ngelixa kukhuselwa indalo kwaye kuxhaswa impilo-ntle nolonwabo lwabalimi. Ekusebenzeni kwayo, i-agroecology isebenzisa iindlela zokulima ezihambelana nokhuselo lokusingqongileyo. Oku kubandakanya ukutshintshatshintsha kwezityalo, ukutyala iindidi ngeendidi zezityalo kunye (intercropping), ukutyala imithi kunye nezityalo (agroforestry), ukusebenzisa umgquba endaweni yeefertiliza ezinemichiza, kunye nokungaphazamiseki kakhulu komhlaba. Ezi ndlela zinceda ukuphucula impilo yomhlaba, ukugcina amanzi, ukuxhasa izilwanyana zasendle, nokunciphisa ungcoliseko.

Source: Centre for Environment, Fisheries and Aquaculture Science (Cefas)



## IIMPEBELELO ZOKUFUYA IMFUYO KOKUSINGQONGILEYO

Ukufuya imfuyo kondla uluntu kodwa kubeka imingeni kanaanjalo. Ukudlisa imfuyo ngokugqithisileyo kwenza buthathaka umhlaba, kwehlisa ukugcinwa kwekhabhoni, ngexa ukutsha okungalawulayo kusehlisa umhlaba. Amafama amaninzi awanayo imithombo yokuziqhelanisa nemisebenzi engcono.

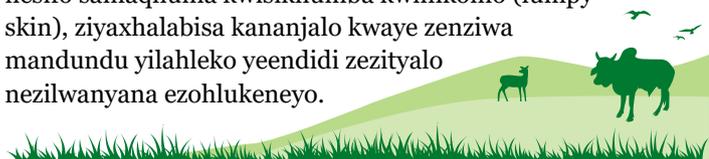


### Yintoni ongayenza?

- **Ulawulo lwenkunkuma olungcono:** Yigcine ikude inkunkuma yezilwanyana kwimithombo yamanzi; umgquba wesivundiso wokutyebisa umhlaba.
- **Ukutya imfuyo okulawulwayo:** Tshintsha iindawo zokutyisa imfuyo ukuthintela ukhukuliseko lomhlaba kunye nokuphucula ukugcinwa kwekhabhoni.
- **Ulawulo lomlilo:** Sebenzisa imililo emincinci, elawulwayo ukugcina amadlelo ezinzile.

## IIMPEBELELO ZOKUFUYA IMFUYO KWIINDIDI ZEZITYALO NEZILWANYANA EZOHLUKENEYO

Iindidi zezityalo nezilwanyana ezohlukeneyo zixhasa impilo yomhlaba, amanzi acocekileyo nemfuyo eyomeleleyo. Amadlelo anempilo athintela ukhukuliseko lomhlaba, kodwa izityalo eziyingozi ezivela kwezinye iindawo (invasive alien plants) (ii-IAP) zehlisa umhlaba wokutyisa imfuyo. Ngexa imililo elawulwayo inceda ukulawula ii-IAP, ukutshisa rhoqo konzakalisa izityalo zasekhaya kunye nomhlaba. Izifo zemfuyo, ezifana nesifo seegusha esibangwa ziintsholongwane (bluetongue) kunye nesifo samaqhuma kwisikhumba kwiinkomo (lumpy skin), ziyaxhalabisa kanaanjalo kwaye zenziwa mandundu yilahleko yeendidi zezityalo nezilwanyana ezohlukeneyo.



### Yintoni ongayenza?

- **Ukutshintsha iindawo zokutyisa imfuyo:** Kunceda ukuba zivuke izityalo, kwehlisa ukhukuliseko lomhlaba, kwaye kuphucula ukutya kwemfuyo.
- **Ulawulo lwezityalo ezingenelelayo:** Ukusetyenziswa kokuncothula oko kujoliswe kuko kunye nokutyala ingca yemveli endaweni yokutshisa rhoqo.
- **Uthintelo lwezifo zendalo:** Ukukhuthazwa kwezityalo ezigxotha izitshabalalisi ukwehlisa ukuthembela kumanyango.

## AMAFAMA NESILIMO SAWO

Amafama amaninzi alima ikhaphetshu, isipinatshi, ibhitruhi, itswele nee-ertyisi. Esi silimo siyakwazi ukuphila ngaphandle kwamanzi, ngezinye (njengebhitruhi nee-ertyisi) zifuna amanzi amancinci, oko okuncedayo ngexesha leenyanga ezomileyo. Ukulima iintlobo zesilimo kuphucula ukufumaneka kokutya kwaye kukhusela ngokuchasene nelahleko evela kwizitshabalalisi kunye nemozulu egqithisileyo.

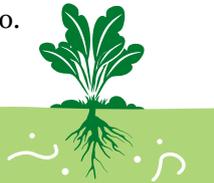


### Yintoni ongayenza?

- **Isilimo esimelana nembalela:** Isilimo esifana nee-ertyisi, ibhitruhi, ibhatata, iicowpeas, iinqoba, kale, swiss chard neamaranth (imbuya) zifuna ukufuma okungatshintshiyo ukuze zikhule kodwa zimelana namathuba awomileyo amafutshane ngcono kuneminye imifuno.
- Ukuxuba izityalo xa ulima (njengesipinatshi itswele, nebhitruhi kunye) kuphucula impilo yomhlaba, kwehlisa izitshabalalisi kwaye kunceda isilimo sikhule ngcono.

## UKUGCINA UMHLABA UNEMPILO

Ukuxuba izityalo xa ulima, isivundiso kunye neentsalela zezityalo zineda amafama aphucule ukuchuma komhlaba, kulawula izitshabalalisi kwaye kucina umfumo.



### Yintoni ongayenza?

- **Isivundiso nomgquba:** Zongeza izondli kwaye ziphucula ulwakheko lomhlaba.
- **Ukucina ukufuma emhlabeni:** Sebenzisa amagqabi awomileyo, ingca, okanye inkunkuma yesilimo ukucina umfumo.
- **Ukutshintsha isilimo:** Kuthintela ukudinwa komhlaba kwaye kwehlisa isifo.

## ULAWULO LWEZITSHABALALISI

Amafama ajongene neningeni efana nemisundululu, iintuku namachokoza kwikhaphetshu. Endaweni yemichiza ebiza imali eninzi, asebenzisa izisombululo zendalo.



### Yintoni ongayenza?

- **Uthuthu:** Ukulusasaza kwizityalo kugxotha izinambuzane.
- **Imarigold nomhlabangubo:** Ezi zizinqandi zitshabalalisi zendalo.
- **Ukususa imisundululu ngezandla:** Kungcono kwenziwe kusasa.
- **Ukuxuba ukutyala:** Ukudibanisa itswele nemifuno enamagqabi kubhidekisa izitshabalalisi kwaye kwehlise ukugcwala kwazo.

## AMANZI NJENGOMTHOMBO OXABISEKILEYO

Amafama amaninzi athembele emilanjani nakumataki amanzi emvula, kodwa ukunqongophala kwamanzi kubeka umngeni omninzi, ingakumbi ebusika. Umgangatho olambathayo wamanzi, njengamanzi amdaka okanye anetyuwa, unokonakalisa isilimo kanaanjalo.



### Yintoni ongayenza?

- **Ukuqokelela amanzi emvula:** Qokelelela amanzi emvula emigqomeni okanye kumaqula amancinci uze uwasebenzise mva.
- **Ukucina ukufuma emhlabeni:** Kucina ukufuma emhlabeni, kusehlisa imfuno yokunkcenkeshela rhoqo.
- **Ukuphuma kwamanzi:** Imisele engenzulwanga phakathi kwesilimo isa amanzi kwiingcambu kwaye ithintele ukuphuma kwamanzi.
- **Ukunkcenkeshela:** Kusasa ekuseni okanye emva kwemini kakhulu kwehlisa ilahleko yamanzi evela ekutshintsheni kwamanzi abe ngumphunga

# UTSHINTSHO LWEMOZULU NEMINGENI YOKULIMA

Amafama axela ubushushu obungaphaya, imbalela, izikhukula, kunye nemililo ebangwe ngabantu, eneempembelelo ekukhuleni kwesilimo. Ukutshisa okulawulwayo kunokulawula umhlaba, kodwa imililo engalawulwayo inokutshabalalisa isilimo nemimandla yamadlelo.



## Yintoni ongayenza?

- Ukutyala imithi namatyholo njengezinqandi moya ukwehlisa umonakalo womoya.
- Ukusebenzisa iibhedi ezinyusiweyo ukukhupha amanzi agqithisileyo ngexa lezikhukula.
- Ukogquma izityalo ezincinci ngeendiza okanye ilaphu ukuzikhusela kwiqabaka.
- Ukufunda kwiipateni zemozulu ukwenza ngcono ixesha elilungele ukutyala isilimo.

## KUTHENI KUKUSEBENZELA NJE UKULIMA OKUZINZILEYO OKUHAMBELANA NENDALO



Kulondoloza imali ngokusebenzisa imithombo yengingqi endaweni yemichiza ebiza imali eninzi.



Kuphucula umhlaba ukuze utyale isilimo esinempilo iminyaka emininzi.



Kwehlisa izitshabalalisi ngendalo, ngoko ke akukho monakalo mninzi kwisilimo.



Kusebenzisa amanzi ngobulumko, kunceda isilimo sihlale kwiinyanga ezomileyo.



Kukhuthaza izimvumvuzeli ezifana neenyosi, ezonyusa isiveliso.

## UkuSebenzela iiFama ezoMeleleyo Kunye

Ulwazi kunye namava akho zixabisekile. Ngokwabelana ngezimvo, ukuvavanya utshintsho oluncinci, kunye nokusebenzisa imithombo yendalo ngobulumko, ukulima kungahlala kuvelisa kwaye kuzinzele ixesha elizayo.



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Iziphumo zophando ziqaqambisa ubunzima bobudlelwane obuphakathi kwemozulu, iindidi zezityalo nezilwanyana ezohlukeneyo kunye nokuveliswa kokutya. Ukufuya imfuyo kummandla kubuthathaka kutshintsho lwemozulu kunye nelahleko yeendidi zezityalo nezilwanyana ezohlukeneyo. Amafama aqaphela ukonyuka kwezitshabalalisi nezifo emva komlilo.

### Ukufumana uzinzo ebantwini kunye nakwindalo ukuze akhule

- Amafama kummandla ajongeni nemingeni yokuvelisa ukutya ngexa egcine umhlaba onempilo.
- Uphando lubonisa ukuba uninzi alukuchasanga ukwamkela imisebenzi yokulawula ngcono umhlaba kodwa lufuna inkxaso ukuluphumeza.
- Ngokuphucula ulawulo lokudlisa imfuyo, kusehliswa ukutshisa okungeyomfuneko, kunye nokufumana iindlela zendalo zokulawula izitshabalalisi, amafama anokwenza umhlaba wawo ube nokuvelisa ngokungaphaya ngexa ekhusela iindidi zezityalo nezilwanyana ezahlukeneyo.

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