

# Mokhoa oa ho aha lentloane (serapa)



## Leutloane ke eng?

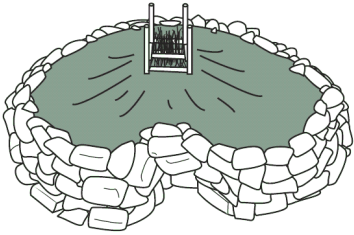
Ke mefuta oa serapa o haelletsoeng setsēlo sa manyolo mahareng a sona.

Serapa sena se sebelisa mealo e fapaneng ea manyolo ho bokella mongobo le ho etsa hore mobu olule o le manoni, mme sena se etsa hore serapa ee be molemo haholo ho feta serapa se tloaelehileng. Setsēlo sa manyolo se bile se boloka manoni a mobu. Lintho tsohle tse sebeksoiang ho etsa lentloane lena ha se tse rekoang.

Melemo ea lentloane	
<b>Soil enrichment / Ho noutsā mobu.</b> <ul style="list-style-type: none"> <li>• Mealo (layers) ea bola ha nako e utsa e ea, mme hoo ho noutsā mobu.</li> <li>• Setsēlo se bohareng ba serapa bo thusa ho telatsetsa mobu.</li> </ul>	<b>Se litseo li Hase</b> <ul style="list-style-type: none"> <li>• Lisebelisoa tse se hahang ha li rekoae.</li> <li>• Se rekoang ke peo feela.</li> </ul>
<b>Labour saving technology / Se boloka nako le mosebetsi</b> <ul style="list-style-type: none"> <li>• Kaha serapa se khona ho etsa mobu o nonneng le ho boloka mongobo, se fokotsa nako eo motho a ka e qetang a leka ho lo kisa serapa.</li> <li>• Ho latela mokhoa oo se ahiloeng ha sona, bakuli le maqheku a ka khona ho se sebelisa.</li> </ul>	<b>Year-round vegetable production / o ka lema nako eohle ea selemo</b> <ul style="list-style-type: none"> <li>• Kaha serapa se ahoa ka majoe, majoe ana a khona ho boloka mofuthu oa letsatsi mme hoo ho boloka, lijalo makong se batang ea marchē le soflo.</li> </ul>
<b>Moisture retention / Ho boloka mongobo</b> <ul style="list-style-type: none"> <li>• Mealo ena ea serapa e thusa ho bokella monyobo mme hoo ho etsa hore serapa se tselloe metsi a manyane.</li> </ul>	

# Methati ea ho etsa lentloane (serapa) leca.

	<ol style="list-style-type: none"> <li>1. Etsa selikalikoe sa limithara tse peli</li> <li>2. Lithupa tse nne li tseteloe fatse bohareng ba selikalikoe.</li> </ol>
	<ol style="list-style-type: none"> <li>3. Bokantle ba serapa bo likanyetsoe ka majoe.</li> </ol>
	<ol style="list-style-type: none"> <li>4. Lithupa tsane tse bohareng li fasoe ka lithapo, kaharu ho tsēloe joang bo tla thu sa ho fetisetsa metsi a tla tseloa serapeng fatse moo ho leng mobu.</li> </ol>
	<ol style="list-style-type: none"> <li>5. Moalong (layer) oa pele oa serapa, beha. <ul style="list-style-type: none"> <li>• Mokoti-koti a khale a tselang lijo.</li> <li>• Makoti-kofi a litiriuki</li> <li>• Makhasi a lekhala</li> <li>• Masapo a ommeng a liphoofolo</li> <li>• Likhechana tsa pitsa tsa letsopa tse sa sebetseng kapa majoe a boholo ba feisi</li> <li>• Lisebelisoa tsena li tliša manoni mobung, hape li monya metsi ha pula e nele haholo.</li> </ul> </li> </ol>
	<ol style="list-style-type: none"> <li>6. Moalo oo o koaeloe ka mobu, joang botla thusa ho boloka mongobo le molora oa patsi o fanong ka potassium.</li> <li>7. Moalo ka mong o tlamelule ho ba kathoko ho setsēloa se mahareng a serapa ho etsa hore metsi a fefele mobung hantle, utle le tsē tiso ea lefho.</li> <li>8. Tsēla mobu ka holimo ho molora.</li> </ol> <p style="text-align: right;"><i>Bala kamorao ho leqephe ➔</i></p>

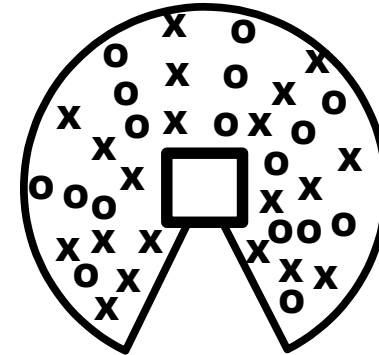


9. Moalo o morumo oa mobu o kopaneng le manyolo a ommeng a tseloe ka holimo.
10. Manyolo a metsi a ka bolaea peo.
11. Haha ka majoe nakong eo o utseng o etsa mealo.



11. Jala peo he lafela sehla seo o leng ho sona.
12. Haele mariha, sireletsa lijalo ka joang kapa sebelisa mekotla ea khale serameng. 13. Empa motsêare, tlosa sesireletsi hore lijalo li fumane mofuthu oa letsatsi

Rea o lebohela! Serapa sa hao joale se tla etsa lijalo tse monate tse matlafetseng selemo sohle.



X – Limela tse matlape  
O – Lumela tse malang katlase

### Mokhoa oa ho hlokomela serapa!

#### Watering / Ho tsella

- Serapa se tselloe khafetsa ho etsa hore mobu o lule o le mongobo.
- Se metsi a hloekeleng a sebelisoa mobung o ka holimo.
- Metsi a hlatsoutseng matsoho, liphahlo le lijana a tseloe kahara basekete e mahareng. Joang bo ka hara basekete bo tla hloekisa metsi

#### Ho lema lentloaneng la hoa.

Sebaka mobu o manoni le ho thibela likokonyana ke lintlha tsa bohlokoa hao lema cerapa. Ho lema lijalo tse fapaneng serapeng se le seng ho ka khotsofatsa lintho tseo tseo tharo tse seng li boletsoe. Ho lema lijalo tse matlape pela tse melang ka tlase ho mobu kapa ho lema lijalo tse thibelang likokonyana pela lijalo tse tloelehileng ho ka etsa lijalo tse matlafetseng. Bonyane lema mofuta e mena ea lijalo bakeng sa chai e utle.

#### Soil/Mobu

Mobu o ka holimo le manyolo a ommeng li nne li chenihoe ho etsa hore li se lahle manoni.

#### Garden construction

- Over time, the garden may lose its nutrients, and vegetables stop growing well. You then need to rebuild the garden. This is usually done every 4–5 years.

### Lejalo tseo o ka li lelang

#### Tse melang ka katlase

Lihoele  
Hanyanese  
Beteruti

#### Tse matlape

Sepinichi  
Lettuce  
Rapa  
Meriana

#### Lijalo tse sa lengoeng

Tamati  
Pepere  
Chilisi  
Lierekiri  
Litapole

Cabbage  
Egg plant  
Poone  
Lenaoa  
Mokopu