TINGACHITA CHIYANI NDI CHIDEDE?

- ☑ Idyani, Imwani, kapena gulitsa.
- ☑ Gawani mbewu, masamba, zipatso kapena juse
- ☑ Sankhani mbewu yalimbitsa ndi gulitsa kumsika
- ☑ Pangirani juse ndi gulitsa
- ☑ Pangirani mafrizi

Amake aKhalidwe apangira pepala iyi – koma chidziwitso ndi chidziwitso cha agogo athu chackalekale. Mungandilemba ku: nordin@eomw.net

CHIDEDE NDI CHIYANI?

KUDZIWA CHIDEDE

Masamba

Chidede zingomera nthawi ya mvula ku Malawi. Mugapezanso ku dziko lina lambiri ku Africa.

Nthawi ya mvula timadya masamba mu saladi kapena tiphika ndiwo. Masamba a chidede alawira kufanana ndimu.

Maluwa

Timadyanso zipatso zozawisi nthawi ya mvula, kepena mungaumitsa ndi kusunga mfutso kukudya nthawi onse.

Zipatso

Ngati mu dzala chidede mu madzi ya bafa kapena madzi ena m'nthawi ya dzuwa, mugadya masamba a Chidede tsiku lililonse.

KU PANGIRA JUSE WA CHIDEDE

Zipatso zouma za Chidede

Juse wa Chidede ndi zokoma ndi si mavuto kupangira!

Makamaka ngati mugwiritsa ntchito uchi mamalo shuga.

1. Gwiritsa ntchito dzanja limodzi la zipatso ku panga cup limodzi juice. Wonjezera ena kapena mungachepetsa ngati mufuna.
2. Thirira madzi othentha pa zipatso. Muvyikitsa zipatso 10 kapena 15 minutes kapena nthawi kwambiri mpaka madzi aonekera ofira ndi zipatsuwu zaonekera zakuda.
3. Wonjezera uchi ngati mufuna.
4. Imwani kuthentha kapena kuzizira – zonse ndi bwino kwambiri.