

# ORANGE - FLESHED SWEETPOTATO...

## A nutritious, rich and available source of vitamin A

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### Orange-fleshed sweetpotatoes:

- Orange-Fleshed sweetpotatoes (OFSP), a rich source of pro vitamin A are easy to grow and mature in 3 to 5 months.
- Compared to yellow fleshed sweetpotatoes which have a small amount of beta-carotene and white fleshed which have no beta carotene, the levels of provitamin A in OFSP vary based on the color density. The deeper the orange color of the flesh, the more pro-vitamin A is present.
- Eating one medium-size OFSP each day is enough to meet vitamin A needed by an adult and also provides significant amounts of energy
- OFSP roots can be cooked by boiling or steaming for 20 minutes. They can be mashed and added to flour for making chapatti and madazi.



### Vitamin A-Sources, Uses and Benefits

- Vitamin A is an essential nutrient for everyone, it is important for growth, vision and essential for immune functions which helps our bodies fight diseases.
- We can get vitamin A from plant sources such as orange-fleshed Sweetpotatoes, dark green leafy vegetables, pawpaw, mangoes, carrots, pumpkin and animal sources such as eggs, liver, fish oil (seven seas), milk, and fortified foods such as blue band margarine, sugar, and cooking oil.
- Adding a small amount of oil or foods with fat, like avocados and nuts, to vitamin A rich foods helps the body to use more of the vitamin A found in these foods.

#### Land Preparation

- Prepare your land in readiness for planting your new sweetpotato vines 2 weeks before planting so plant residue rots
- Prepare ridges 100 cm apart, 60 cm tall

#### Planting

- Use the top 30 cm of the vine and plant 2/3rds in the soil at least 2 nodes below the surface
- Just plant 1 vine per hole
- Plant the vines 30 cm apart
- The vines should be growing well with no wrinkles or different colors than normal in the leaves – those signs mean the plant has a virus

#### Caring for vines

- Weed at 3 and 6 weeks after planting and remove any plants that look like they are sick or are not growing well so that the diseases do not spread
- Holes in roots are caused by weevils. But weevils cannot dig! So when you weed, make sure you cover all of the roots with soil (hill-up) to fill cracks so that the weevils can't get in.

#### Harvest without Damaging

- You can harvest roots after 3-5 months by digging carefully
- Only remove larger roots, do not damage others
- Re-cover the remaining roots well so they continue to grow without weevil damage. If harvesting a lot at once, cut the vines 2-3 days prior to the harvest so the skin of the sweetpotato hardens and the roots will stone longer outside of the ground.



English

For more information, visit : [www.cipotato.org](http://www.cipotato.org) or visit CIP-Rwanda offices behind former MINANGRI Office Kigali Rwanda or call J. Claude Nshimiyimana: +250 788639417 (CIP), Jean Ndirigwe : +250 788527320 (RAB)

# IBIJUMBA BIFITE IMBERE HASA N'IBARA RYA ORANJE...

## Isoko y'intungamubiri na Vitamine A

K A M E N A 2 0 1 6



### Ibijumba bifite imbere hasa na oranje:

- Ibijumba bifite imbere hasa na oranje bikaba n'isoko ya Vitamini A, biroroha ku bihinga kuko bitangira gusarurwa guhera ku mezi 3 kugeza kuri 5.
- Ubigereraniye n'ibijumba bifite imbere hasa n'umuhondo (bifite Vitamini A nkeya) cyangwa n'ibijumba bifite imbere hasa n'umweru (bitagira iyo vitamini), ubwinshi bwa Vitamini A mu bijumba bifite imbere hasa na Oranje bugenda butandukana bitewe n'uko ibara ryiyongera.
- Kurya ikijumba kimwe kigereraniye buri muni, birahagije kugirango umubiri w'umuntu mukuru ubone Vitamini A ukeneye kandi binongera imbaraga mu mubiri.
- Ibijumba bifite imbere hasa na oranje bishobora kuribwa bitogoshije mu gihe cy'iminota 20. Bishobora no kunombwa cyangwa bikongerwamo ifarini mu gukora Capati n'amandazi.



### Isoko ya Vitamini A, uko ikoresheya n'akamaro kayo

- Vitamini A ni ingirakamaro kuri buri wese mu kubaka umubiri, ku wongerera ubushobozi bwo kubona no kuwaha ubudahangarwa mu kwirinda indwara.
- Vitamini A, tuyisanga mu biribwa nk'ibijumba bifite imbere hasa na oranje, imboga rwatsi, amapapayi, imyembe, karoti, ibihaza, ibikomoka ku nyamaswa nk'amagi, inyama y'umwijima, ibinure by'ifi, amata, marigarine, isukari n'amavuta bikungahaye ku ntungamubiri.
- Kongera amavuta macye mu biribwa bikungahaye kuri Vitamini A cyangwa kubivanga n'ibindi biryo bifite amavuta meza nka Avoka n'ubunyobwa bifasha umubiri gukoresha neza Vitamini A iri muri ibyo biribwa.

### Gutunganya umurima

- Tunganya umurima wawe neza, ibyumweru 2 mbere yo gutera imbuto yawe nshya kugirango ibyatsi bibanze bibore.
- Tunganya amayogi ku ntera ya cm 100 n'ubuhagarike bwa cm 60.

### Guhinga:

- Koresha ingeri ireshya na cm 20-30, utere mu butaka 2/3 by'iyongereye, ku buryo nibura amaso 2 y'umuguzi yinjira mu gitaka.
- Tera umuguzi umwe mu mwobo.
- Tera ku ntera ya cm 30 hagati y'umuguzi n'undi.
- Imigozi igomba gukura neza nta kwipfunyapfunya cg ngo izane amabara atandukanye n'asanzwe. Ibi bigaragaza ko imigozi irwaye.

### Kwita ku migozi:

- Bagara nyuma y'ibyumweru 3 kugera kuri 6 uteye kandi uvanemo imigozi isa n'irwaye cg idakura neza kugirango idakwirakwiza indwara mu murima.
- Imyenge igaragara ku bijumba iterwa n'imungu ariko imungu ntizishobora gucukura. Igihe ubagara rero usabwa gutwikiriza ibijumba igitaka kugirango ufunge imitutu imungu zitinjiramo.

### Gusarura ibijumba utangije:

- Ushobora gusarura nyuma y'amezi 3 ariko bigakorana ubwitonzi.
- Vanamo ibijumba binini gusa, ibindi ubyihorere ntubikomereze.
- Twikira neza ibijumba bisigayemo kugirango bikomeze gukura bitangizwa n'imungu. Niba usarurira byinshi icyarimwe, ugomba guca imigozi mbere y'iminsi 2 cg 3 kugira ngo ibijumba bikomere kandi bizamare igihe bitarabura.

