»Ennima y‘amatooke - Ennyanjula n‘okusimba«

Amatooke kirime ekisusa omwaka ogumu okukula wabula gakungulwa okuyita mu mwaka gwonna ,kirime kikulu nnyo mu nsi era mmere nzalirwana mu bitundu bingi awattonyebwa enkuba ennyingi era gamugaso nnyo wekituuka mu kuba n‘emmere emmala.

Amatooke gakula bulungi mu biffo ebiweweevu,ebirimu enkuba ewera n‘ebyo ebirimu enkuba ey‘ekigero binno biba n‘enkuba ya mm1000 mu mwaka.Amatooke ga mugaso nnyo wetudda ku bulamu bw‘omuntu kubanga galimu ekirisa kya potassium era gawa omubiri amannyi awamu n‘okutumbula eby‘ensibi wegatundibwa mu mawanga ag‘ebweru.

Ebika by‘amatooke eby‘enjawulo

Amatooke galina ebika bibiri ebiriwo,gonja n‘ammenvu

Amatooke ga gonjja alimu ekiriisa ekya staki era ebiseera ebisinga afumbibwa,akalirirwa,asekulwa oba asiikibwa okusobola okumulya.Amatooke g‘ammenvu bulijjo galibwa nga gengedde era gakubwa mangu mu lubutto.

Ebikka by‘amatooke ebyenjawulo.

Ebika by‘amatooke eby‘enjawulo bisimbibwa okusinzira ku nkozesa yago.Ebika binno byawulwa okusinzira ku kitundu,n‘ebiffo wegalimibwa.

Ebika by‘ammeenvu mulimu ekiyitibwa Gros Michel,williams hhybrid,apple,la canta,dwarf ne giant cavendish.

Amatooke ga ggonja alina okufumbibwa n‘asobola okulibwa era ganno tulina mu agayitibwa ngombe,muta hota nage uganda.

Ebika by‘amatooke ebyenjawulo bisobola okulibwa wo oba

nebiribwa nga bbifumbiddwa okugeza ekika kya muuran,goldfinger,bokoboko ne wa tembo.