



Tualsung paing thapia, limci silsial ne!

A KIPHAL VANTE

- . Singgah Limci
- . Anteh theipuum limci silsial te
- . A limci zasan meh tuamtuum

A KIPHALLO VANTE

A ki huamin a kibawlsa ante (singgah umsa, khuaizu, singgah keugawte, bawngnawi paingte, aihkeh singgah/mu te kihel hi)

Singkung no

Sasial, ngasa aihkeh aktui te

Neekthei ahilo vante

November kha 30 beima in na sum laidal te sumbuk leh huam mehzuakna te ah zangh in!

Na sum laidal te koici bang in zangh thei ding

- ➊ Na sum laidal tetawh vanzuak na ah kihelkhawm huanbawl sumbuk te aihkeh huanmun vanzuakna ah va pai in. A mun natheih nading in, myoregonfarm.org ah en in.
- ➋ Lokho te' khaizuakna mun ah "Oregon Farm Direct Nutrition Program Checks Welcome Here – Oregon Huanmun Khai limci Geelna Sum laidal Hihmun ah Kisang hi" cih lai kisuanna mun zongin aihkeh sumbuk nasem te kiang dong in.
- ➌ Tualsung aa kiciing singah limci te, mehguh mehteh, leh sazan meh tuamtuum nalei nop peuhpeuh ki leithei dinghi. Organic tak aa kibawl vante zong ki phal hi.
- ➍ Huanbawl te kiang ah na sum laidal tetawh khaigah na deihte lei nading in zangh in.

Theih dingin

- Tualsung piang khaigah tebek teel in (natang, seekkhum, seekthuk, lengthei gah cihte kihel lo)
- Na sum laidal te dalkhat zatkhat, aihkeh zatkhat in a vekin na zangthei hi. Huanbawl khat kiang ah aihkeh a dangkhat tawh aihzongh in!
- Sumnen hong ki khiatkik loding ahihman in vanlei dingte sekhholhsa in nei in.
- Khuahun zui tualsung sumbuk leh huanmun vanzuakna te a kikhak ma in valei in.
- Na Huanmun Direct sum laidal te a muanhuaina ahkem in. Na sum laidal mansuah aihkeh hong ki guksak leh hong ki piakik lo dinghi.

Tu kha pen bang khuahun' hiam?

SINGGAHTE						
	Gam kha	Tangsih kha	Tang kha	Phal kha	Khudo kha	No kha
Appel		✓	✓	✓	✓	✓
Lingvom gahmin	✓	✓	✓			
Lingdum gahmin		✓	✓	✓		
Phuitong gah	✓	✓				
Tangmai sungsan			✓	✓	✓	
Meitei gah			✓	✓	✓	
Piat gah		✓	✓	✓	✓	✓
Lingsan gahmin	✓	✓	✓			
Ankam kungsan	✓					
Stawbali gah	✓	✓				
Anteh Theipuum te						
	Gam kha	Tangsih kha	Tang kha	Phal kha	Khudo kha	No kha

Gawbi paak eng				✓	✓	✓
Ankam bulsan			✓	✓	✓	✓
Gawbilum	✓	✓	✓	✓	✓	✓
Vaimim			✓	✓	✓	
Tangmai			✓	✓	✓	
Lothang/ pulun kangpi		✓	✓	✓	✓	✓
Begaap		✓	✓	✓		
Pateh		✓	✓	✓	✓	✓
Lothang/ pulun san			✓	✓	✓	✓
Arrlu			✓	✓	✓	✓
Anteh hing sialnek	✓	✓	✓	✓	✓	
Maisan, maipuam		✓	✓	✓	✓	✓
Bulnei ankam dum le kang te			✓	✓	✓	✓

A mun tawh kizui in a ki ngahthei te ki banglo ding ahihi.