



Metswako ya Lonwabo

Puku ye ke ya









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Metswako ya Lonwabo

(Lonwabo's Recipes)

Illustrated by Sarah Rose de Villiers

Written by Mhlali Kumalo

Designed by Zandile Maxet Makina

Translated by Mpho Masipa

with the help of the Book Dash participants in Grahamstown on 12 November 2016.

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Metswako ya Lonwabo

Mihlali Kumalo
Sarah Rose de Villiers
Zandile Maxet Makina





Lonwabo e be e le mošemane
wa mengwaga ye lesome.





O be a dula le mmagwe
le koko wa gagwe.





Koko wa Lonwabo o be a
na le tšhengwana ya merogo
ye botse kudu ya go huma.





O ipshinne ka go thuša
koko wa gagwe go kumula
sekoro le go nošetša merogo.





○ be a ekga meetse nokeng. E be e se
mošemane wa go tšwafa. ○ be a sepela
a theoga le go namela mmoto gape.





O be a feta bagwera ba gagwe ba
bapala kgwele ya dinao gomme ba mo sega
ba hlabile lešata ba re, “Lonwabo ke ka lebaka
la eng o dira seo? Ke mošomo wa basetsana,
rena re ka se tsoge re dirile seo.”

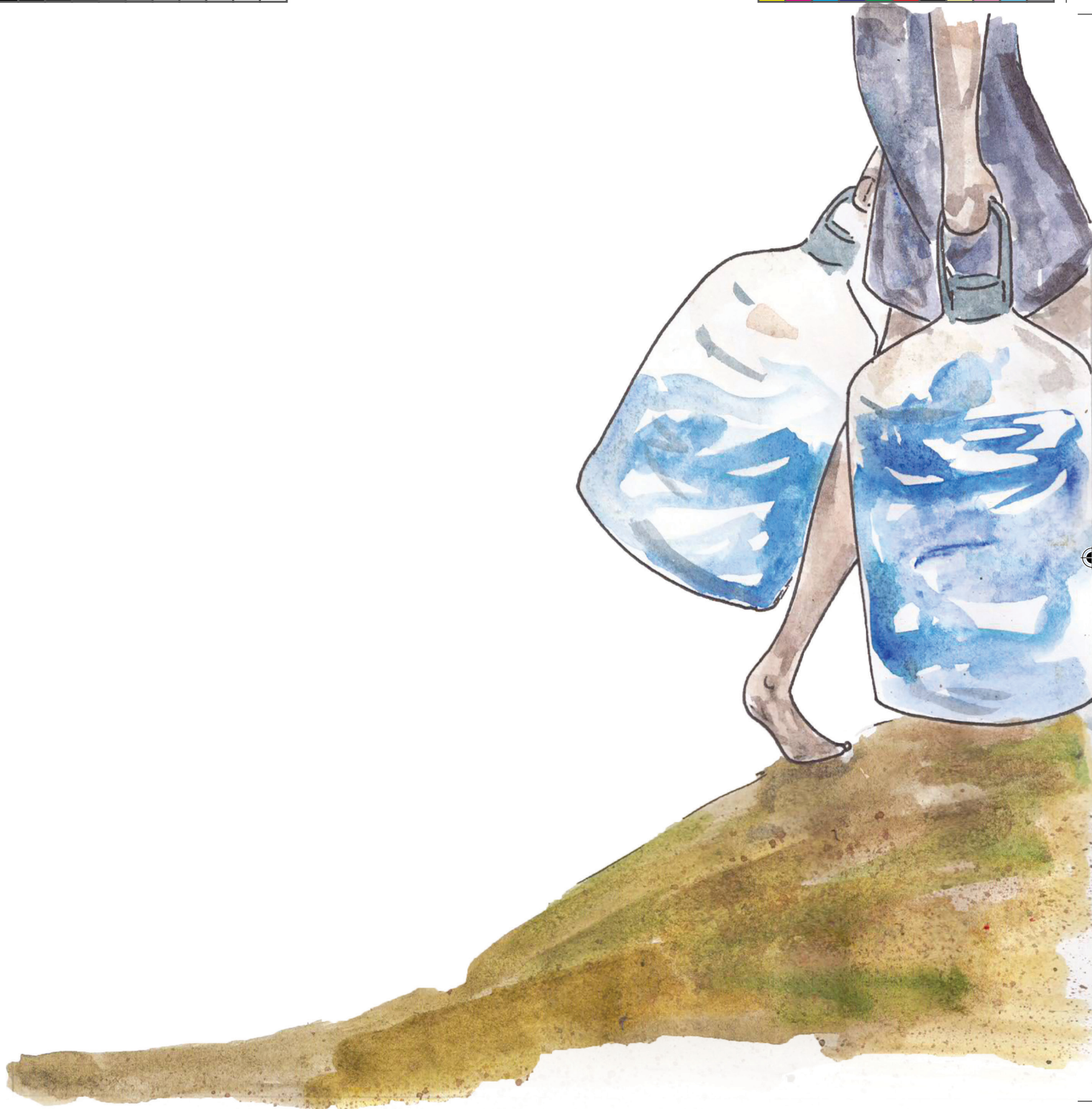




Lonwabo o be a itshegela gomme a tšwele pele
ka leeto la gagwe.

O be a nagana ka dinako tšeo a ipshinnego ka
tšona le koko wa gagwe ka tšhengwaneng.







Dikgopolo tše di be
di mo lebatša leeto le letelele
le ditshwayotshwayo tša
bagwera ba gagwe.

O be a rata go akanya
gore go tla ba le dikherote tše
kae ngataneng ye nngwe le ye
nngwe pele koko wa gagwe
a di kumula mobung.





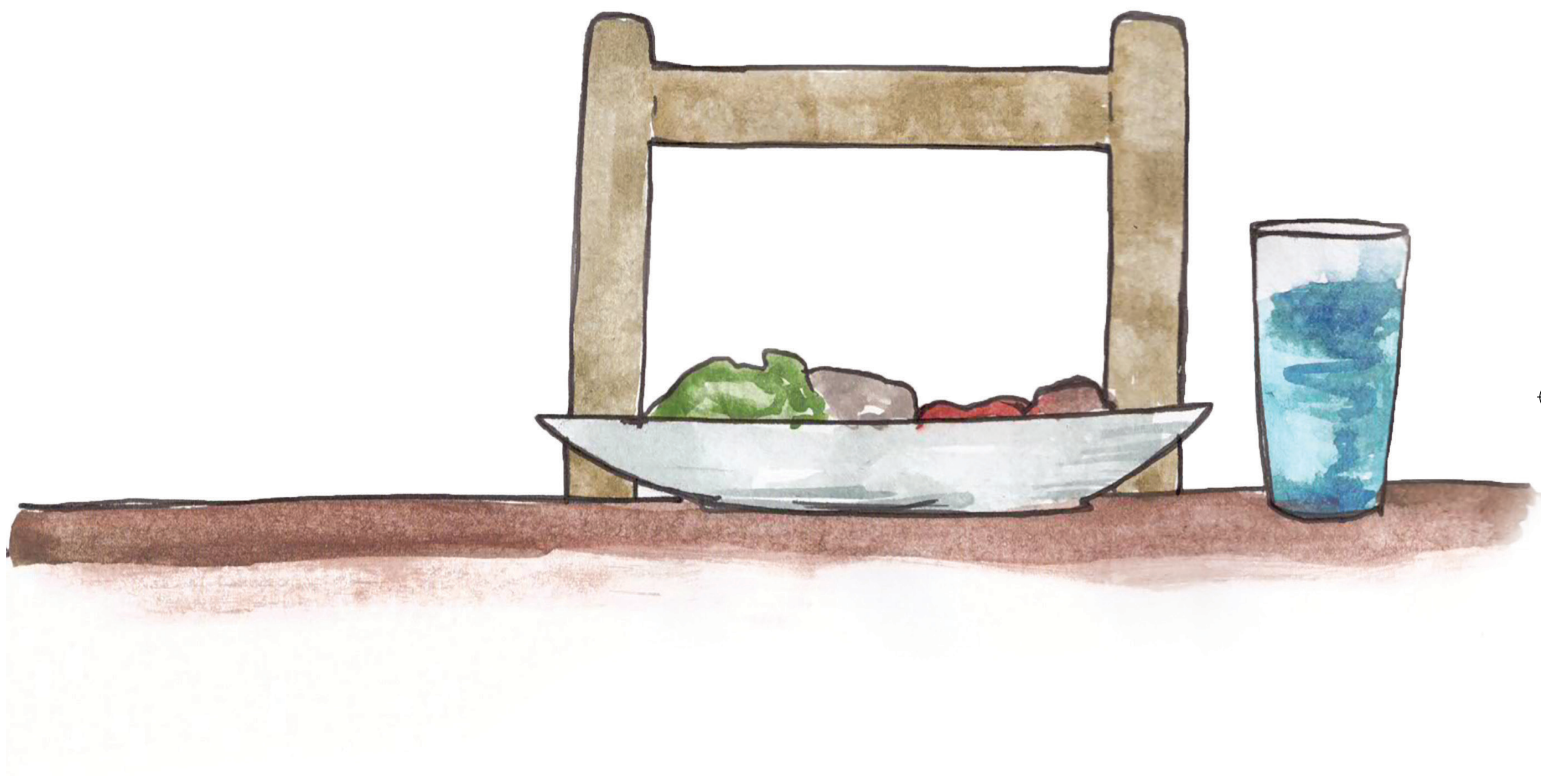






Koko wa Lonwabo o be a mo direla
matena ka mehla, ge a le sekolong
le mmagwe a le mošomong.

Letšatši le lengwe le le lengwe ge a fihla
gae o be a hwetša dijo di šetše di lokile
gomme a mmeetše tšona tafoleng.



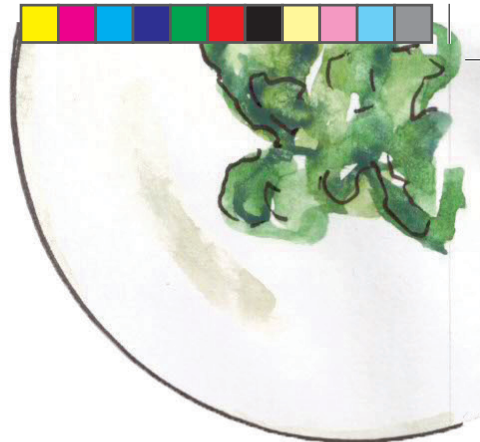


Ge a fetša go apola yunifomo ya sekolo
ya gagwe, o be a dula tafoleng, a rapela thapelo
ye nnyane gomme a thoma goja.





Koko wa gagwe o dirile mehuta ka moka
ya dijo mateneng a bona.



○ be a rata dijo tša koko wa gagwe
tša go ba le tatso.

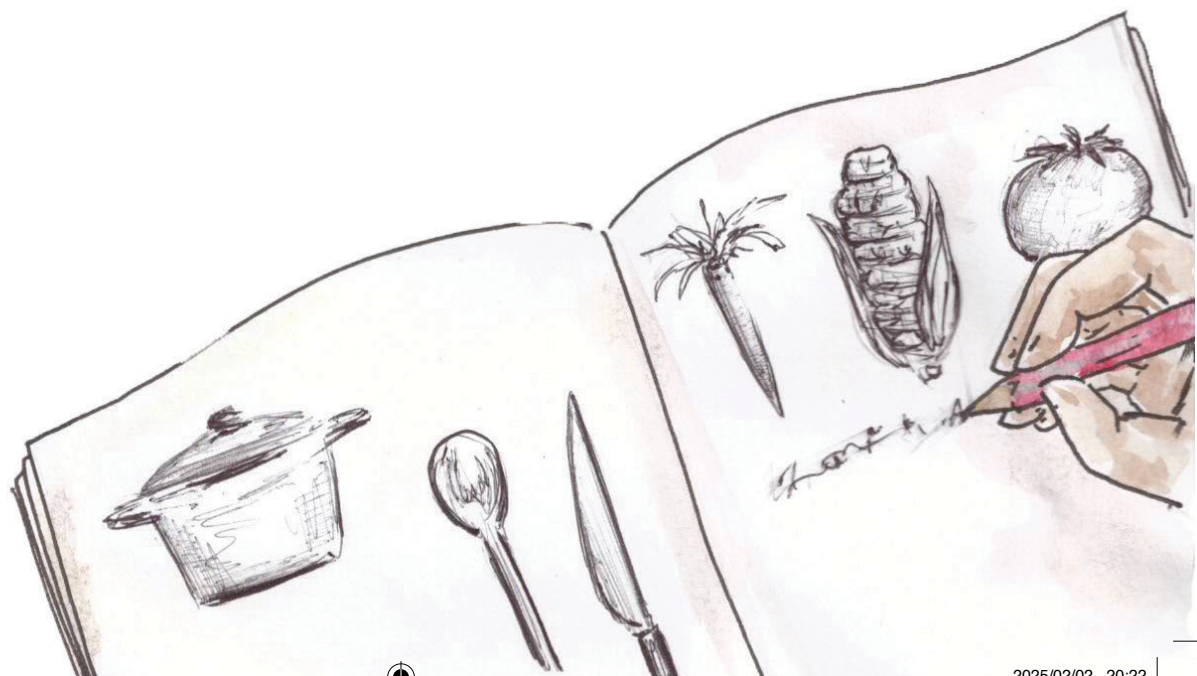






Ge a fetša goja, o be a hlatswa sebjana
sa gagwe, a tšea puku le phensele a ya
go dula kgauswi le koko wa gagwe.

O be a mmotšiša ka metswako ya dijo tše
a sa tšwago go di ja gomme a ngwala
dintlha ka moka ka tlhokomelo.



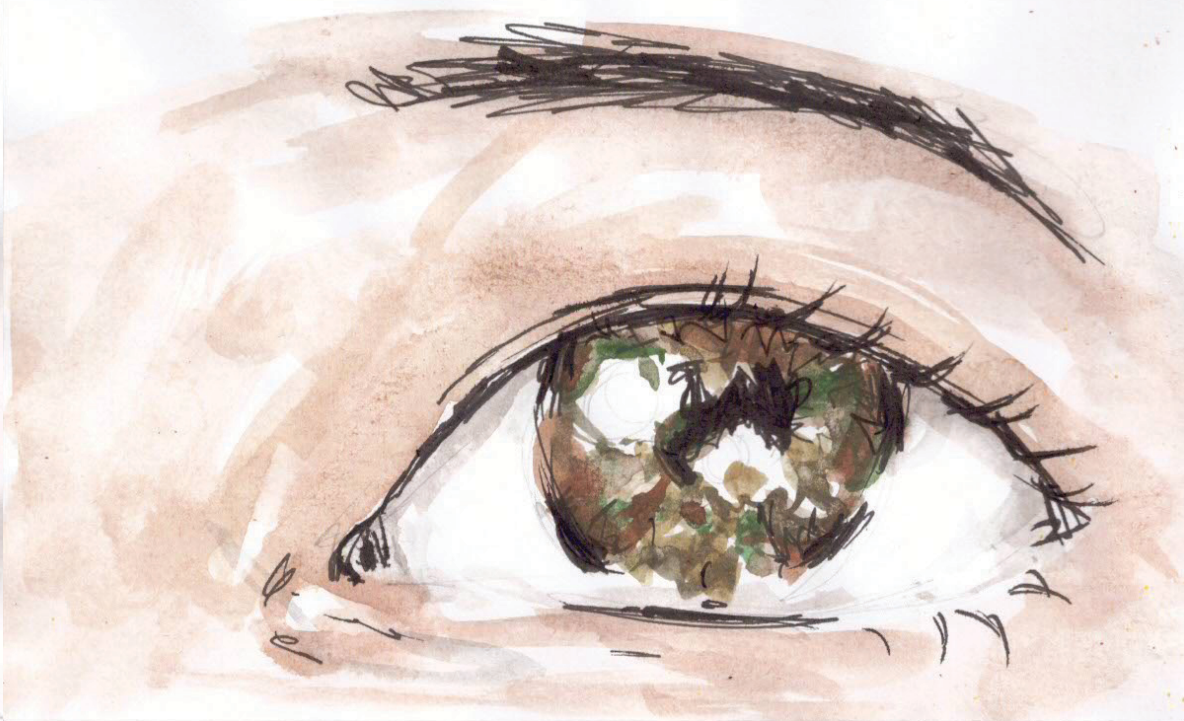


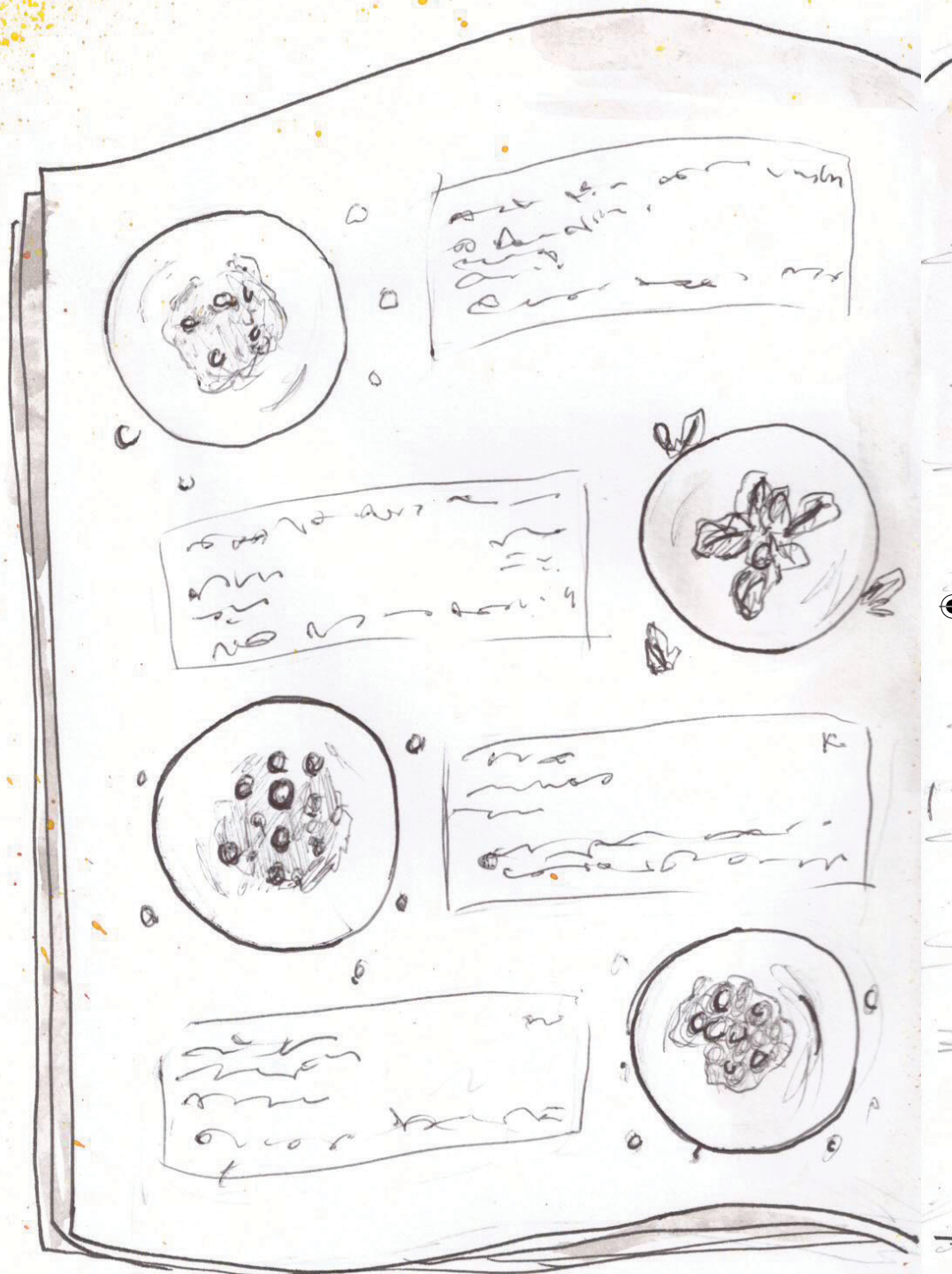
O ipoditše gore ge a gola, o tlile go
bula lebenkele la go jela la gagwe.





O tla lefa leina la koko wa gagwe
gomme a dira dijo ka moka tšeo koko wa
gagwe a bego a mo direla tšona.







EBHONGWENTI







