



## HAGAHA WAXSOOSAARKA XILLIYEEDKA MIDWEST

### Faa'iidooyinka wax iibsiga xilliyeedka:

- **Dhadhan ka sii wanaagsan** — badeecooyinka cusub ee xilliga ayaa ku jira dhadhankiisa ugu sarreeya. Wax soo saarka ka baxsan xilli-xilliyeedka ayaa la kaydiyaa waqti dheer, taas oo badbaadisa nololaha shelf laakiin had iyo jeer maaha dhadhanka.
- **Qiimaha hoose**— inta badan waa ka jaban sahayda sare awgeed. Wax soo saarka ka baxsan xilli-ciyaareedku maaha mid diyaar ah, gaar ahaan gudaha. Soo dejintu waxay kordhisaa qiimaha iyada oo ay ugu wacan tahay kharashka gaadiidka iyo ilaalinta ee wax soo saarka xilli-xilliyeedka dhammaaday.
- **Nafaqo badan** — waxay aad ugu badan yihiin soosaarka cusub marka loo eego kuwa xilligoodu dhammaaday. Ilaalinta wax soo saarka si loo kordhiyo nololaha shelf had iyo jeer macnaheedu maaha in la ilaaliyo nafaqooyinka.

### XILLIGA UGU SARREEYA = NAFAQOYINKA UGU SARREEYA = DHADHANKA UGU SARREEYA

	SOO SAAR XILLIYEED
<b>GU'GA</b>	<p><b>Miraha:</b> Basbaaska</p> <p><b>Qudaar:</b> Asparagus, xididdo, karootada, cagaarka caleenta leh (arugula, salaar, cagaarka salad, isbinaajka), likaha, Parsnips, dabocase, Rhubarb</p>
<b>XAGAAGA</b>	<p><b>Furuutka</b> Tufaaxa, Berry (blueberries, raspberries, strawberries), Canabka, qaraha (cantaloupe, qaraha), isteroberi, basbaaska, khudradda dhagaxa ah (cherries, fersken, plomme), Tamaandho</p> <p><b>Qudaar:</b> Asparagus, xididdo, Brokoli, Brussels sprouts, kaabajka, karootada, Cauliflower, Seleri, Galleyda, Qajaarka, Eggplant, Toonta, cagaarka caleenta ah (arugula, chard, kale, salaar, cagaarka salad, isbinaajka), Leeks, Mushrooms, Basasha, digir, Baradhada, Pumpkins, Radishes, Rhubarb, Squash, bagalka, zucchini</p>
<b>FALL</b>	<p><b>Furuutka</b> Tufaaxa, isteroberi, Tamaandho</p> <p><b>Qudaar:</b> Baytraaf, Brokoli, Brussels sprouts, kaabajka, karootada, Tafariyada, Seleri, Qajaarka, Eggplant, Toonta, Cagaarka caleenta (chard, kale, salaar, cagaarka salad, isbinaajka), Leeks, Mushrooms, Basasha, Parsnips, Pumpkins, Radishes, Squash ( sabuul, subag, delicata, spaghetti), bagalka, zucchini, *** Baradho macaan</p>
<b>JILAALKA</b>	<p><b>Furuutka</b> Liin dhanaanta (clementines, canab, liin dhaan, liin, oranj, tangerines), Kiwi, pear, Cananaaska</p> <p><b>Qudaar:</b> Baytraaf, Bok Choy, Broccoli, Brussels sprouts, Cauliflower, Celery, Cagaarka caleenta ah (collard, kale, salaar, cagaarka khardal, isbinaajka), bagalka, Squash jiilaalka (burooshka, subagga, delicata, spaghetti)</p> <p><i>*Ka sokoow likaha, badeecooyinka cusub waa in la soo dejiyo inta lagu jiro bilaha qaboobaha ee gobolka Midwest. Alaabta ku taxan waa xilli meelo kale oo diyaar ah.</i></p>
<b>SOO SAARE SANAD-KA NOOL OO SIYAAR AH OO LA HELI KARO</b>	Tufaaxa, Avocados, Muuska, Karootada, Seleri, Canabka, Xabxabka, Liinta, Basbaaska (gambaleelka & kulaylka), Baradhada, Liin dhanaanta, liin, Digir, Basasha

### Ma ogeyd?

Suuqyadu waxay u dhigmaan SNAP-EBT kharashka dollar-ka-doorka ah (ilaa \$10) si loogu isticmaalo suuqyada beeralayda ee Minnesota oo dhan! Macluumaad dheeraad ah oo ku saabsan Suuq-geynta, booqo bogga Barnaamijyada ee HungerSolutions.org.