

# ONJEZANI ZAKUDYA ZA MTHENGO PA ZAKUDYA ZA ANA OPITILILA MIYEZI ISANU NDI UMODZI



Phala la mpundu



Phaa la vinkhubala



Phala la kawawasha



Phala la moringa



Phala la Mawere ndi mkaka

**Zakudya za mthengo mupezeka zopatsa thanzi zambiri zofunikira pa kukula kwa bwino**

