

SUKULU LANGA LILIMA MITENGO YOBELEKA ZAKUDYA MONGA...

Popo

Mpundu

Manga

Ntochi

Masuku

Malalanje

Moringa



Mitengo zobeleka zakudya zitipatsa zipatso, ndiwo zamasamba, nshawa, njere ndi mafuta omwe angakhale pagulu lazakudya zathanzi zothandiza pakukula bwino kwa ana.



giz

