



Metswako ya Lonwabo

Puku ye ke ya









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Metswako ya Lonwabo

(Lonwabo's Recipes)

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

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Metswako ya Lonwabo

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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.





O be a ekga meetse nokeng. E be e se
mošemane wa go tšwafa. O 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.”

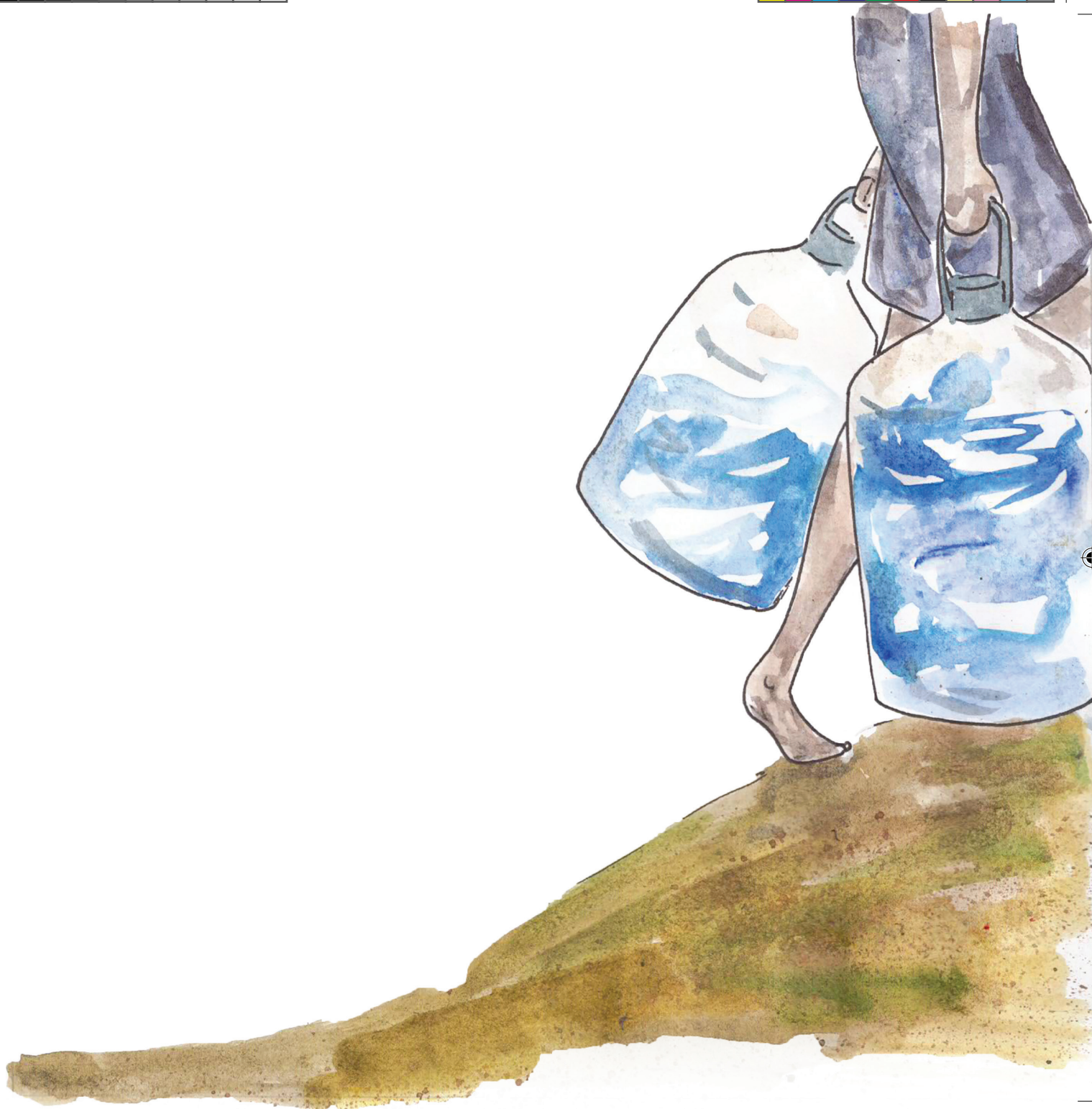




Lonwabo o be a itshegela gomme a tšwele pele
ka leeto la gagwe.

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.





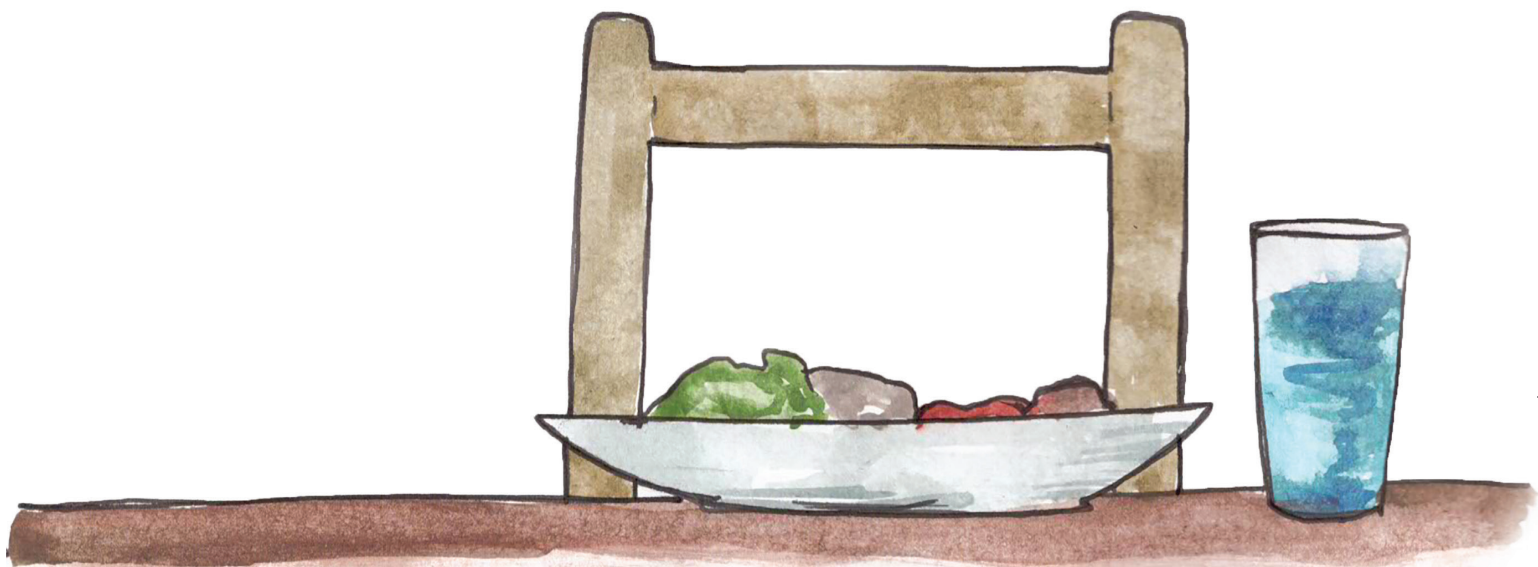






Koko wa Lonwabo o be a mo direla
matena ka mehla, ge a le sekolong
le mmagwe a le mošomong.

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



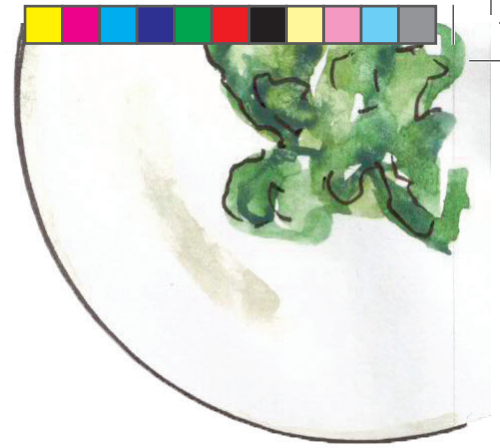


Ge a fetša go apola yunifomo ya sekolo
ya gagwe, o be a dula tafoleng, a rapela thapelo
ye nnyane gomme a thoma goja.





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.

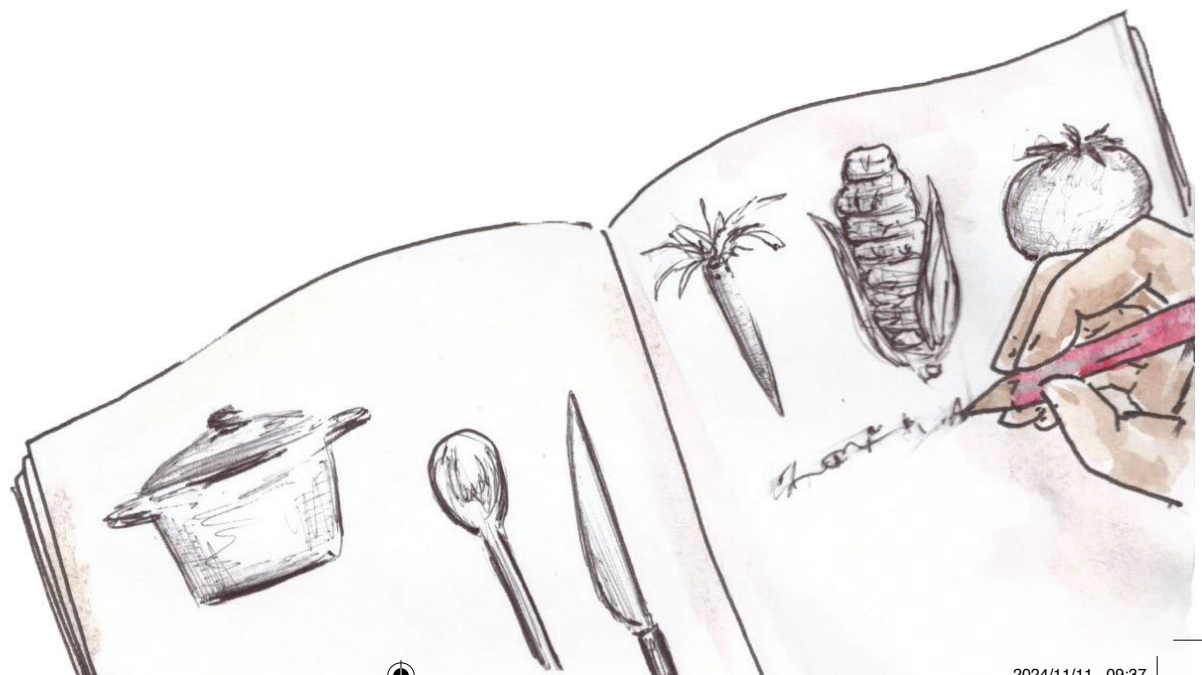






Ge a fetša goja, o be a hlatswa sebjana
sa gagwe, a tšea puku le phensele a ya
go dula kgauswi le koko wa gagwe.

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



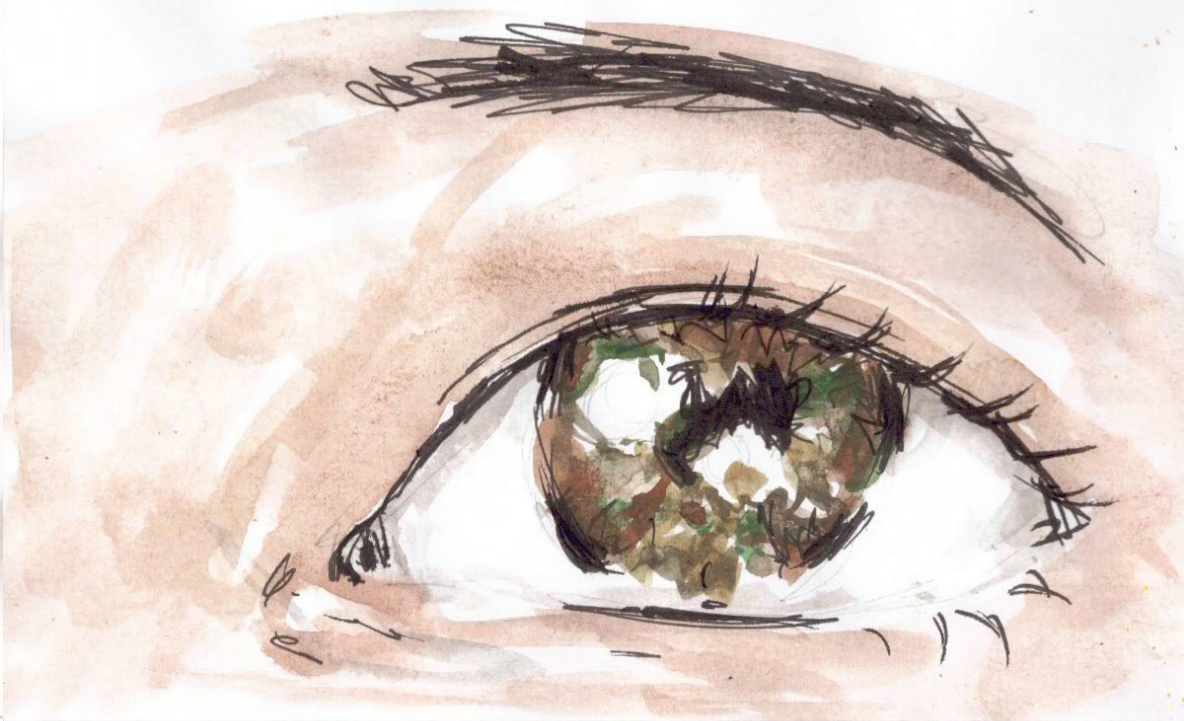


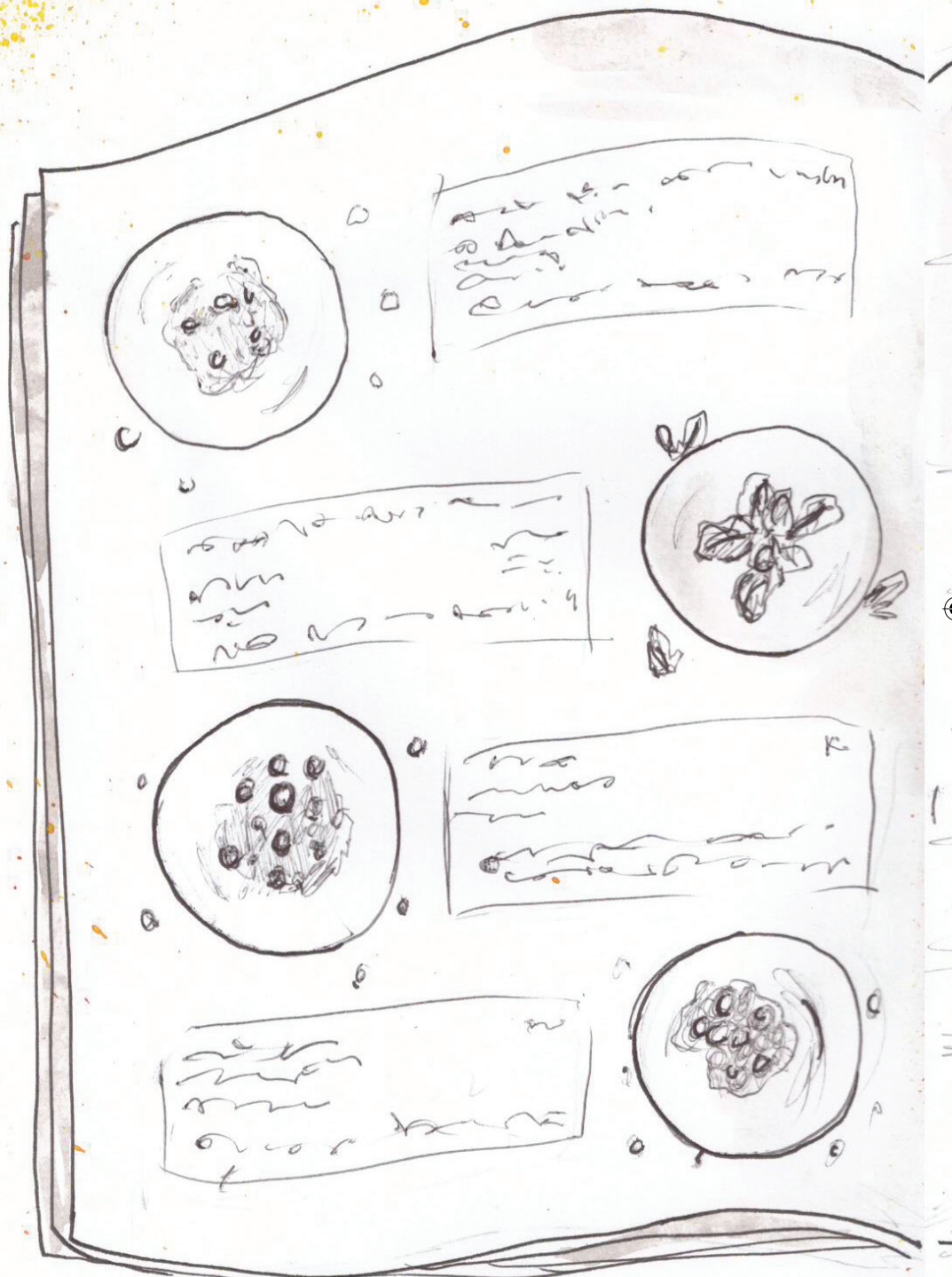
O ipoditše gore ge a gola, o tlile go
bula lebenkele la go jela la gagwe.





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







EBHONGWENI







