

Wax ku Beerashada ee Carrada Magaalada



Xigasho- Waaxda Beeraha ee Minnesota

Kahor intaadan dooran meesha aad wax ku beeranayso, ogoow sida dhulka loo isticmaali jiray waagii hore. Dhul badan oo la isaga tagay iyo dhulka kale ee magaalada ah ayaa laga yaabaa in loo isticmaali jiray warshado, ganacsi ama wax ku beerasho. Carrada inta badan nafaqooyinku way ku yar yihiin, hoos baa loo nabay oo waxaana laga yaabaa inay ku wasakhaysantahay qashin waxyeello leh (dhalooyin jajabay, biraha qashinka ah), kiimikooyin iyo cayayaano. Isticmaalka sariiraha kor loo dhisay iyo raacitaanka talooyinka kale ee hoose ayaa waxay kaa caawin doonaan inaad hesho dhammaan faa'iidooyinka caafimaad ee beerta iyadoo aad hoos u dhigayso khatarta ah in ay ku soo gaaraan wasakhda waxyeelada leh.

Inta aad ku jirto beerashada, khatarta ugu weyn ee soo-gaadhista wasakhowga - kiimikooyinka, biraha iyo cayayaanka waxyeelada leh - ayaa ka timaada ciidda wasakhaysan oo afkaaga gasha ama ku neefsashada boodhka wasakhaysan. Taabashada maqaarka ee wasakheeyaha carrada ayaa waxay sidoo kale keeni kartaa khataro caafimaad.

Siyaabaha kale ee wasakheeyuhu ay u galaan jirkaaga waa dalaga la beeray ee la cuno. Cilmi baaris ayaa muujisay in qaar ka mid ah wasakheeyaha waxyeelada leh ay galaan lagana yaabo inay ku ururaan wax soosaarka, si kastaba ha ahaatee, heerarka laga helo wax soo saarka ayaa ka hooseeya heerarka laga helo ciidda.

Wasakheeyeyaasha waxyeelada leh ee inta badan laga helo carrada waxaa ka mid ah sunta rasaasta, cadmium, arsenic, polycyclic aromatic hydrocarbons, iyo waxyaabaha gaaska baatoolka ka yimaada. Waxay u galaan ciidda sababtoo ah:

- Daadaashada ka imaanaya xarumaha warshadaha ama ganacsiga, beeraha, ama guryaha
- Kiimikada hawada la geliyo oo dib ugu soo dhacda carrada
- Rinjiga jajabay ee ay ku jirto sunta rasaasta ee loo isticmaali jiray guryaha ama dhismayaasha ayaa ku soo dhaca dhulka
- Kiimikooyinka oo si sharci darro ah loo daadiyo
- Isticmaalkii hore ee kiimikooyinka loo adeegsanayey beeraha ama meelaha la dego

Cayayaanada waxyeelada leh ee sida caadiga ah laga helo ciidda waxaa ka mid ah noocyada qaarkood ee [Salmonella](#), [Listeria](#), iyo [E. coli](#). Waxay keeni karaan cudurro halis ah oo ay ku jiraan shuban iyo qandho. Waxay ku jiraan carrada sababtoo ah:

- Cayayaanada, kuwa wanaagsan iyo kuwa xun labaduba waxay ku jiri karaan carrada si dabiici ah.
- Biyaha wasakhaysan, wasakhda ama saxarada ayaa waxay ku reebaana cayayaan waxyeello leh carrada.

Talooyin ku saabsan wax ku beerashada carrada magaalada

- Isticmaal sariiro kor loo dhisay oo leh carro nadiif ah.
- Gacmaha si fiican u dhaq beerashada ka dib.
- Iska ilaali inaad soo geliso carrada la socota dharka iyo kabaha guriga.
- Ka ilaali carruurta si aad u hubiso in aysan boodh ama ciid ku soo qaadanin gacmahooda iyo alaabta ay ku ciyaaraan oo aysan gelinin afkooda.
- Si fiican u dhaq dhammaan wax soo saarka beerta kahor intaadan cunin.



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- Ka saar oo iska tuur caleemaha kore ee khudaarta caleenta leh.
- Diir ama si fiican u xoq khudaarta xididka ah.

Tijaabinta Carrada beerta

Tijaabinta wasakheeyaha waxyeelada leh ee ciidda beertaada kahor inta aanad beerin ayaa suurtoagal ah laakiin mar walba lagama maarmaan ma aha. Waxaad raaci kartaa tillaabooyinka hoos ku taxan si aad beertaada ugu diyaariso beeritaanka halkii aad ka bixin lahayd kharashka baarista ciidda. Booqo websaydka - [Ask a Master Gardener](#) (Waydii Takhasuslaha Beeralayda (Master Gardener)) ee University of Minnesota Extension haddii aad rabto in lagaa caawiyo go'aaminta in ay tahay in aad tijaabiso ciiddaada iyo in kale. Waxa kale oo jira macluumaad ku saabsan waxa ay tahay in la tijaabiyo iyo sida carrada loo tijaabiyo oo ku yaalla websaydyadooda - [Urban Gardens and Soil Contaminants \(PDF\)](#) (Beeraha Magaalada iyo Wasakhda Carrada (PDF)). Ka baarista cayayaanka ee carrada beerta maaha mid la samayn karo ama lagu taliyay. Raac talooyinka kor ku xusan si aad jirkaaga uga ilaaliso kiimikooyinka iyo cayayaanka carrada ee waxyeelada leh.

Sida loo diyaariyo ciidda beerta

Waxaa jira dhowr siyaabood oo loo diyaariyo carrada beerta. Isticmaalka sariiraha kor u dhisan ee lagu sameeyay carrada nadiifta ah ayaa keenta habka ugu wanaagsan ee lagu xaddidayo soo-gaadhista wasakhowga carrada.

- Ku buuxi sariiraha kor u dhisan ee beerta carro ka timid meel aan wasakh ahayn.
- Ku buuxi sariirta ilaa in qoto dheer si xididdada dhirtu ay u koraan haddii ay suurtoagal tahay. U isticmaal kala qaybiye u dhexeeya carrada sare ee nadiifta ah iyo carrada wasakhaysan ee hoose. Tani waxay hoos u dhigi doontaa fursadda xididdada dhirtu ay ku soo qaadan karaan kiimikooyinka. Jaamacadda California ayaa waxay bixisaa liiska [Vegetable Root Depths \(PDF\)](#) (heerka dhererka qotoda ee xididka khudradda (PDF)). Nebraska-Lincoln Extension ayaa waxa kale oo ay bixisaa macluumaadka ku saabsan dhererka qotoda ee xididka khudaarta ee (Wax Soo saarka Khudaarta iyo Miraha (PDF)) [Vegetable and Fruit Production \(PDF\)](#).
- Isticmaal jaajuur ama alwaax aan la daweyn si aad u dhisto sariiro kor u dhisan. Iska ilaali inaad sariirta kor u dhisan ku dhisto alwaax la daweyyay sida qoryaha tareenada ama alwaaxa lagu daweyyay cadaadiska. The University of Minnesota Extension ayaa waxay ku siinaysaa hagiis daabacaadda [Raised Bed Gardens](#) (Beerta Sariirta Kor u Dhisan).
- U adeegso weelal dhirta xididada qotoda dheer leh, sida yaanyada iyo rhubarb. Purdue University Extension waxay bixisaa hagiis daabacaada hagiis daabacaadda [Container and Raised Bed Gardening](#) (Beerta Sariirta Kor u Dhisan).



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Talooyinka kale ee diyaarinta beerta

- Haddii wax ku beerashada sariirta kor u dhisan aysan ahayn fursad la heli karo, beertaada ka fogee meelaha ay kiimikooyinka ku ururiyaan ciidda. Meelaha laga fogaado waxaa ka mid ah aagagga ku xiga waddooyinka, jidadka baabuurta, seeska guryaha iyo saqafka hoostiisa (meel ay biyuhu ka soo tifqaan cidhifka saqafka).
- Wac Gopher State One 800-252-1166 kahor intaadan qodin si aad u hubiso laynka khadadka korontada, gaaska, iyo biyaha.
- Ku dabool carrada banaan ee gudaha iyo hareeraha beerta jajabka alwaaxyo ama geedo aan la daweyn. Tani waxay kaa caawin doontaa nadiif ahaanta kabaha, dharka iyo gacmaha. Waxay sidoo kale caawin doontaa ka hortaga nabaad-guurka, waxayna yaraynaysaa haramaha.
- Waxaad ka tijaabin kartaa ciiddaada nafaqooyinka ku jira, pH, iyo walxaha dabiiciga ah si aad u go'aamiso haddii aad u baahan tahay inaad ciidda u wanaajiso beertaada. Kiimikooyinka, sida bacriminta, liimada, ama walxaha kale, ayaa waxay kobcin karaan ciidda. Haddii aad isticmaasho bacrimaynta ama jajabka alwaaxyada, tixraac bacrimaynta iyo

jajabka alwaaxyada ee University of Minnesota Extension Extension's [*Composting and mulching: a guide to managing organic yard wastes*](#) (hagaha loogu talagalay maaraynta qashinka dabiiciga ah ee daarada).

Khayraadka kale

Si aad u hesho macluumaadka ku saabsan goobaha la yaqaano ee laga yaabo in ay wasakhaysanyihiin ee gudaha Minnesota, booqo Websaydyada:

Waaxda Beeraha ee Minnesota: [*What's In My Neighborhood? Agricultural Interactive Mapping*](#) (Maxaa ku jira Xaafaddayda? Khariida Beeraha oo lala Falgeli karo)

Hay'adda Xakamaynta Wasakhawga Minnesota: [*What's in My Neighborhood*](#) (Maxaa ku jira Xaafaddayda)

Wakaaladda Ilaalinta Deegaanka: [*Growing Gardens in Urban Soils*](#) (Wax ku Beerashada Carrada Magaalada) (sidoo kale af Isbaanish)

Jaamacadda California: Beerashada khudaarta: [*Vegetable Gardening: Handbook for Beginners \(PDF\)*](#) (Buug-gacmeedka loogu talagalay dadka bilowga ah)

Jaamacadda Gobolka Washington: [*Organic Pest Control in the Vegetable Garden \(PDF\)*](#) (Xakamaynta dabiiciga ah ee cayayaanka ee beerta khudaarta)

Xarunta Qaranka ee Tiknoolajiyada Haboon: [*Potting Mixes for Certified Organic Production*](#) (Isku-dhafka Carrada ee Wax Soosaarka Dabiiciga ah ee La Xaqiijiyay)

Hay'adda Xakamaynta Wasakhawga ee Minnesota: [*Compost; Yard and Garden*](#) (bacrimaynta (compost); Daarada iyo Beerta)

Waaxda Beeraha ee Minnesota: [*Produce Safety Program*](#) (Barnaamijka Badbaadada Dalaga)

Waxaa soo saaray Waaxda Caafimaadka ee MN, Waaxda Beeraha ee MN iyo Hay'ada Ka Hortagga Wasakhawga ee MN.

Waaxda Caafimaadka ee Minnesota | Qaybta Qiimaynta iyo Latashiga ee goobta

Telefoon: 651-201-4897 ama khadka bilaashka ah 1-800-657-3908 | Email: health.hazard@state.mn.us

Si aad macluumaadkan ugu hesho qaab kale, soo wac 651-201-4897.

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Ilaaha/Khayraadka

1. [Salmonellosis \(Salmonella\) Cudurka Salmonella \(https://www.health.state.mn.us/diseases/salmonellosis/index.html\)](https://www.health.state.mn.us/diseases/salmonellosis/index.html)
2. [Listeriosis \(Listeria monocytogenes\) Cudurka Listeriosis \(Listeria monocytogenes\) \(https://www.health.state.mn.us/diseases/listeriosis/index.html\)](https://www.health.state.mn.us/diseases/listeriosis/index.html)
3. [Cudurka Escherichia coli \(E. coli\) \(https://www.health.state.mn.us/diseases/ecoli/index.html\)](https://www.health.state.mn.us/diseases/ecoli/index.html)
4. [Ask a Master Gardener Waydii Takhasuslaha beeralayda \(https://extension.umn.edu/master-gardener/ask-master-gardener\)](https://extension.umn.edu/master-gardener/ask-master-gardener)
5. [Urban Gardens and Soil Contaminants \(PDF\) Beeraha Magaalada iyo Wasakhawga Carrada \(PDF\) \(http://misadocuments.info/Urban_Soil_Contaminants.pdf\)](http://misadocuments.info/Urban_Soil_Contaminants.pdf)
6. [Vegetable Root Depths \(PDF\) Qotoda dhererka ee xididka khudaarta \(PDF\) \(https://celosangeles.ucanr.edu/files/121762.pdf\)](https://celosangeles.ucanr.edu/files/121762.pdf)
7. [Vegetable and Fruit Production \(PDF\) Wax Soosaarka Khudaarta iyo Miraha \(PDF\) \(https://extensionpublications.unl.edu/assets/pdf/g2189.pdf\)](https://extensionpublications.unl.edu/assets/pdf/g2189.pdf)
8. [Raised bed gardens Beeraha sariiraha kor u dhisan \(https://extension.umn.edu/planting-and-growing-guides/raised-bed-gardens\)](https://extension.umn.edu/planting-and-growing-guides/raised-bed-gardens)

9. [Container and Raised Bed Gardening Wax ku beerashada Weelasha iyo Sariiraha kor u dhisan \(https://edustore.purdue.edu/item.asp?Item_Number=HO-200-W\)](https://edustore.purdue.edu/item.asp?Item_Number=HO-200-W)
10. [Composting and mulching: a guide to managing organic yard wastes Bacrimaynta iyo adeegsiga jajibka alwaaxyada: hagaha maaraynta qashinka dabiiciga ah ee daarada \(https://conservancy.umn.edu/handle/11299/54827\)](https://conservancy.umn.edu/handle/11299/54827)
11. [Waaxda Beeraha ee Minnesota \(MDA\): Maxaa ku jira Xaafaddayda? Agricultural Interactive Mapping Khariida Beeraha oo lala Falgeli karo \(http://www.mda.state.mn.us/chemicals/spills/incidentresponse/neighborhood.aspx\)](http://www.mda.state.mn.us/chemicals/spills/incidentresponse/neighborhood.aspx)
12. [Minnesota Pollution Control Agency \(MPCA\):What's in My Neighborhood Hay'adda Xakamaynta Wasakhawga ee Minnesota \(MPCA\): Maxaa ku jira Xaafaddayda \(https://www.pca.state.mn.us/data/whats-my-neighborhood\)](https://www.pca.state.mn.us/data/whats-my-neighborhood)
13. [Environmental Protection Agency: Growing Gardens in Urban Soils Hay'ada Ilaalinta Deegaanka: Wax ku Beerashada Carrada Magaalada \(https://clu-in.org/ecotools/urbangardens.cfm\)](https://clu-in.org/ecotools/urbangardens.cfm)
14. [University of California: Vegetable Gardening: Handbook for Beginners \(PDF\) Jaamacadda California: Beerashada khudaarta: Buug-gacmeedka loogu talagalay dadka bilowga ah \(PDF\) \(PDF\) \(https://ucanr.edu/sites/ccmg/files/292083.pdf\)](https://ucanr.edu/sites/ccmg/files/292083.pdf)
15. [National Center for Appropriate Technology: Potting Mixes for Certified Organic Production Xarunta Qaranka ee Tignoolajiyada Haboon: Isku-dhafka Carrada ee Wax Soosaarka Dabiiciga ah ee La Xaqiijiyay \(https://attra.ncat.org/product/potting-mixes-for-certified-organic-production/\)](https://attra.ncat.org/product/potting-mixes-for-certified-organic-production/)
16. [Minnesota Pollution Control Agency: Compost Hay'adda Xakamaynta Wasakhawga ee Minnesota: bacrimaynta \(compost\): \(https://www.pca.state.mn.us/living-green/compost\)](https://www.pca.state.mn.us/living-green/compost)
17. [Minnesota Pollution Control Agency: Yard and Garden Hay'ada Xakamaynta Wasakhawga ee Minnesota: Daarada iyo Beerta \(https://www.pca.state.mn.us/living-green/yard-and-garden\)](https://www.pca.state.mn.us/living-green/yard-and-garden)
18. [Minnesota Department of Agriculture: Produce Safety Program Waaxda Beeraha ee Minnesota: Barnaamijka Badbaadada Dalaga \(https://www.mda.state.mn.us/food-feed/produce-safety-program\)](https://www.mda.state.mn.us/food-feed/produce-safety-program)