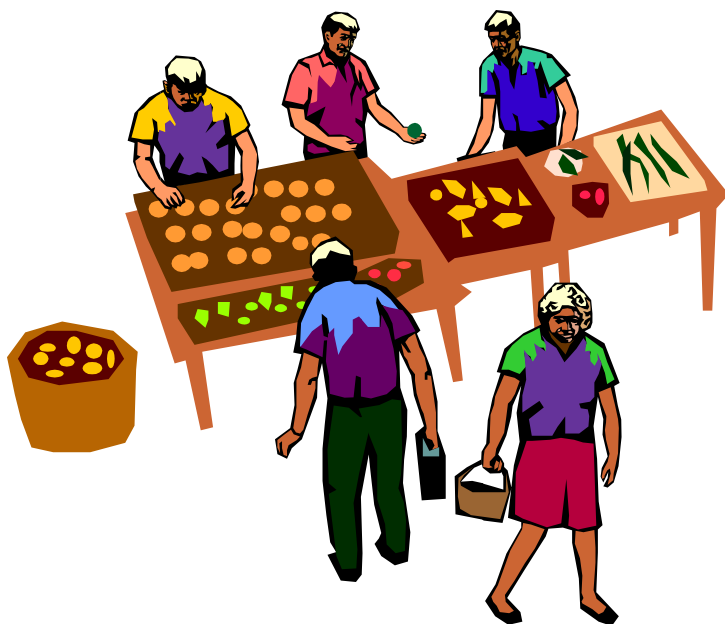


Muag Koj Cov Khoom



Kev Taw Qhia Thiaj Caw Tau Neeg Los Yuav Koj Cov Khoom





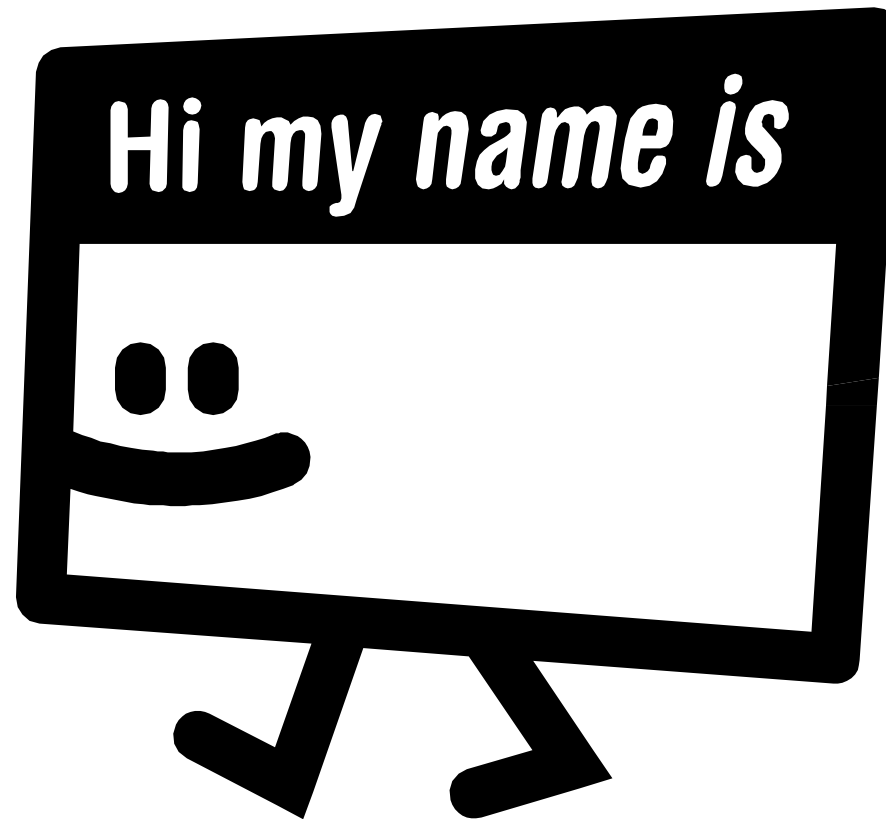
Koj ua li cas thiaj caw tau cov neeg yuav khoom?

Nug koj tus kheej: “Sib piv nrog lwm tus, kuv cov khoom txawv li cas?”
“Kuv yuav ua li cas thiaj caw tau neeg los yuav kuv cov khoom?”

Coj ib daim ntawv cim es sau koj lub npe

**Vim li cas koj daim
ntawv cim npe?**

- ❖ Cov neeg yuav khoom thiaj paub qhia rau lawv cov phooj ywg hais tias leeg twg yog tus muaj cov zaub qhwv liab zoo nkauj thiab tus neeg muag ntawd nyob twg
- ❖ Cov neeg tuaj yuav khoom muaj kev txuas siab xav paub txog cov neeg ua teb thiab muag khoom rau lawv



Koj cov khoom koj muab teeb li cas?

- Muab cov ntawv cim tso rau qhov chaw uas qhov muag pom txog
- Siv xim tshiab los yog siv cov xim txawv tsis zoo ib yam



Pab qhia cov neeg tuaj yuav khoom

Tej zaum cov neej
tuaj yuav khoom
tsis paub txog cov
zaub koj muag

❖Cov neeg nyiam
yuav khoom tom
khw muag khoom
nraum zoov

❖Tus kws ua zaub
ua mov

❖Tus kws saib
xyuas khw muag
zaub



Qhia txog koj cov zaub

Yam yuav siv
thiab sau rau
daim cim qhia txoj
zaub

1. Npe zaub
2. Daim duab zaub
3. Zaub zoo thiab
siv li cas
4. Nqi zaub

Long Beans

*Cook just like regular
green beans*

*Rich in Vitamin A,
Vitamin C, Protein
and Iron*

\$1.00 per bunch



Tshaj tawm thiab qhia txoj ib yam
zaub txawv txhua txhua lis tiam

Vegetable to Know!

DAIKON

*Pickle daikon with
carrots for a crispy treat*

Nutritional value:

- Very high in dietary fiber
- High in magnesium
- Very high in potassium
- Very high in vitamin C



\$3.00 per bunch – two for \$5.00

Muab khoom pub saib dab muag rau koj cov neeg yuav khoom

Ntawv ntawm daim qauv qhia ua khoomnoj

Daim cim qhia txoj zaub thiab daim qauv qhia ua khoomnoj

- ❖ Npe zaub (Npe As Kiv thiab npe Hmoob, yog paub)
- ❖ Kev qhia txog
- ❖ Kev tu yam khoom ntawd thiab yam khoom ntawd yuav kav tev li cas
- ❖ Daim qauv ua qhia siv yam zaub ntawd ua noj





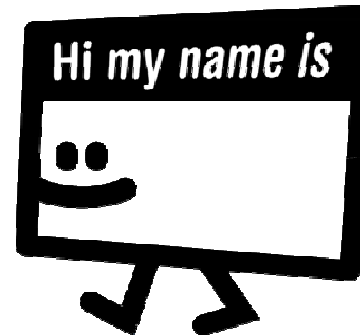
Lus tseem ntsiab

Tshwj xeeb koj tus kheej

- Siv daim cim npe
- Koj cov khoom koj muab teeb li cas?

Pab qhia koj cov neeg tuaj yuav khoom

- Siv daim cim qhia txoj zaub
- Tshaj tawm thiab qhia txoj ib yam zaub
- Muab daim qauv qhia ua khoom noj rau cov neeg yuav khoom nqa mus tsev



Cov khoom koj cog koj tau saib hais tias yeej muaj nuj nqis! Koj twb siv dag zog thiab ua hauj lwm hnyav heev, tsis tag li ntawd koj pab lwm tus tau zaub mov qab huv.



Funding for translation of this publication was supported by: The Saint Paul Foundation; F. R. Bigelow Foundation; USDA National Institute of Food and Agriculture Beginning Farmer and Rancher Development Program; USDA Office of Advocacy and Outreach - Outreach and Assistance for Socially Disadvantaged Farmers and Ranchers; and The Minneapolis Foundation.



Translated into Hmong
language by:

Hli Xyooj, Staff Attorney,
Farmers' Legal Action Group
St. Paul, MN

Selling Your Products* – Level I

By Theresa Heiland
Local Food Coordinator
November 17, 2011

With special thanks to:

Hli Xyooj, Staff Attorney and Hmong Outreach Coordinator, *Farmers' Legal Action Group*

Chianeng Thao, Farm Educator, and
Pao Lee Yang, Assistant Farm Educator,
Association for the Advancement of Hmong Women in Minnesota

The Minnesota Project thanks the **Saint Paul Foundation** for their generous support.

*Materials adapted from
Plan for Marketing Your Organic Products
by Susan Smalley, Michigan State University,
October, 2011

the
**MINNESOTA
PROJECT**

Advancing Sustainability for
Communities across Minnesota

Visit www.mnproject.org