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# Metswako ya Lonwabo

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*Mihlali Khumalo*

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*Zandile Maxet Makina*



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Puku ye ke ya

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*Metswako ya Lonwabo*

*(Lonwabo's Recipes)*

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Translated by Metswako ya Lonwabo

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

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# Metswako ya Lonwabo

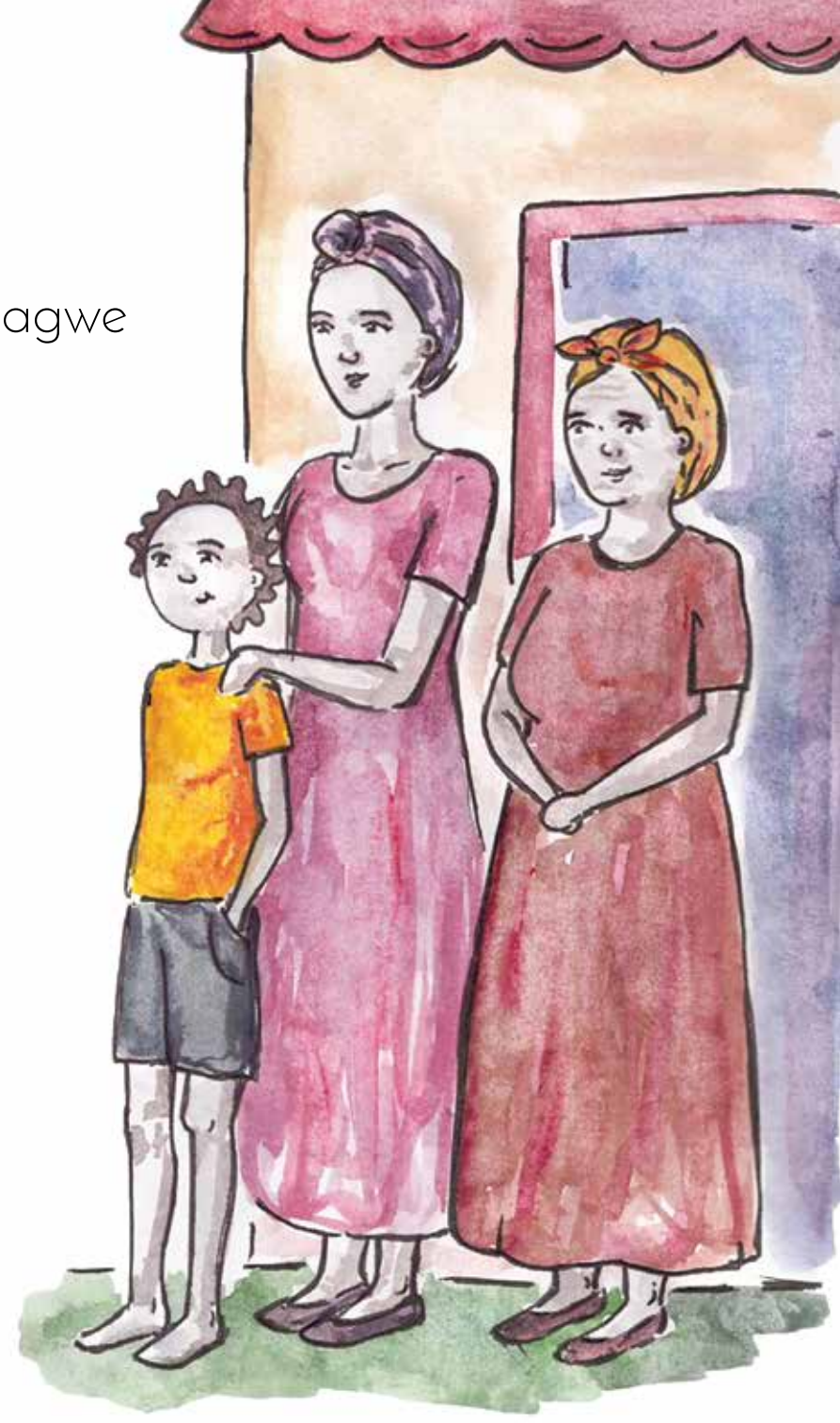
Mhlali Kumalo  
Sarah Rose de Villiers  
Zandile Maxet Makina



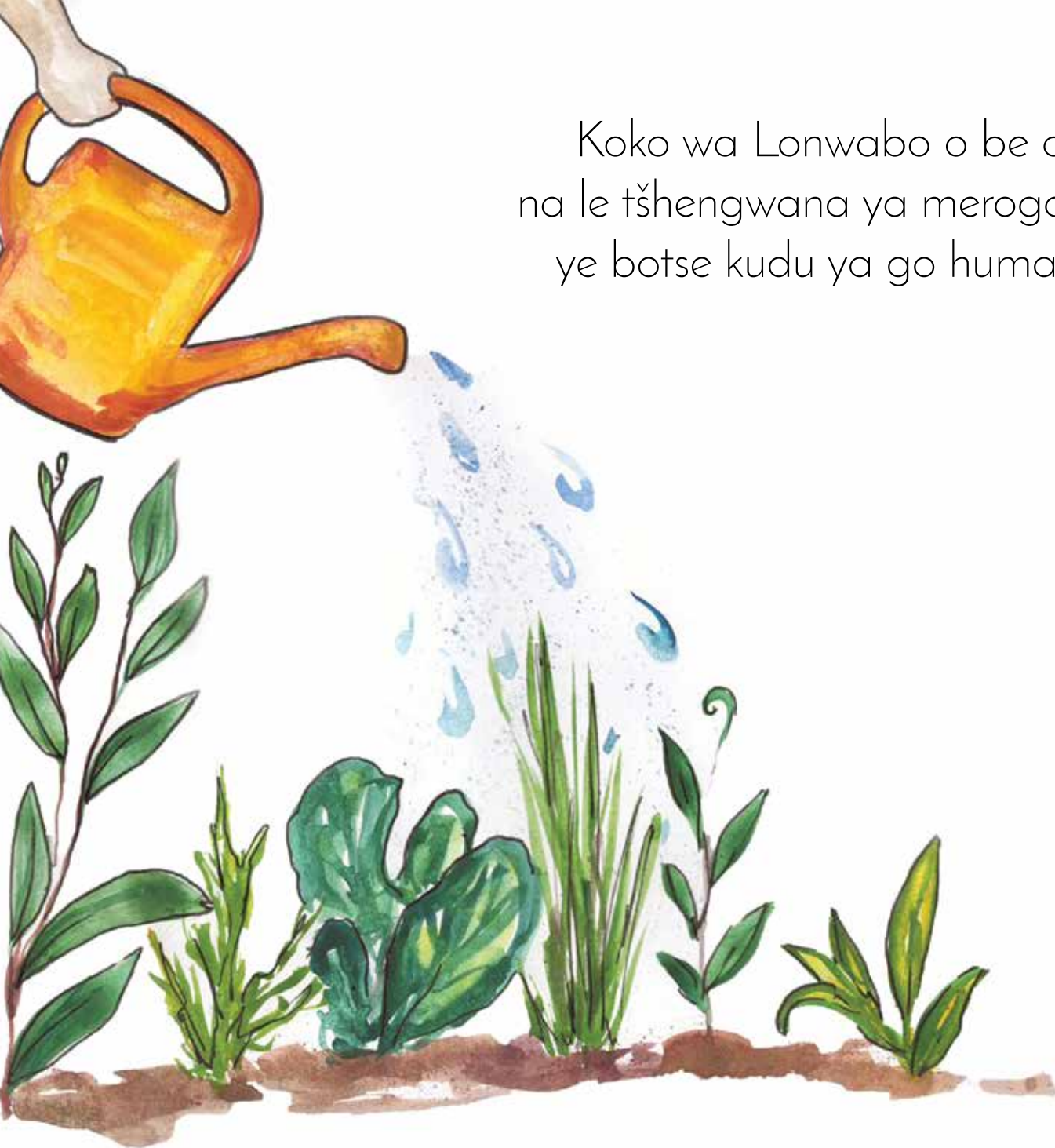
Lonwabo e be e le mošemane  
wa mengwaga ye lesome.



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.

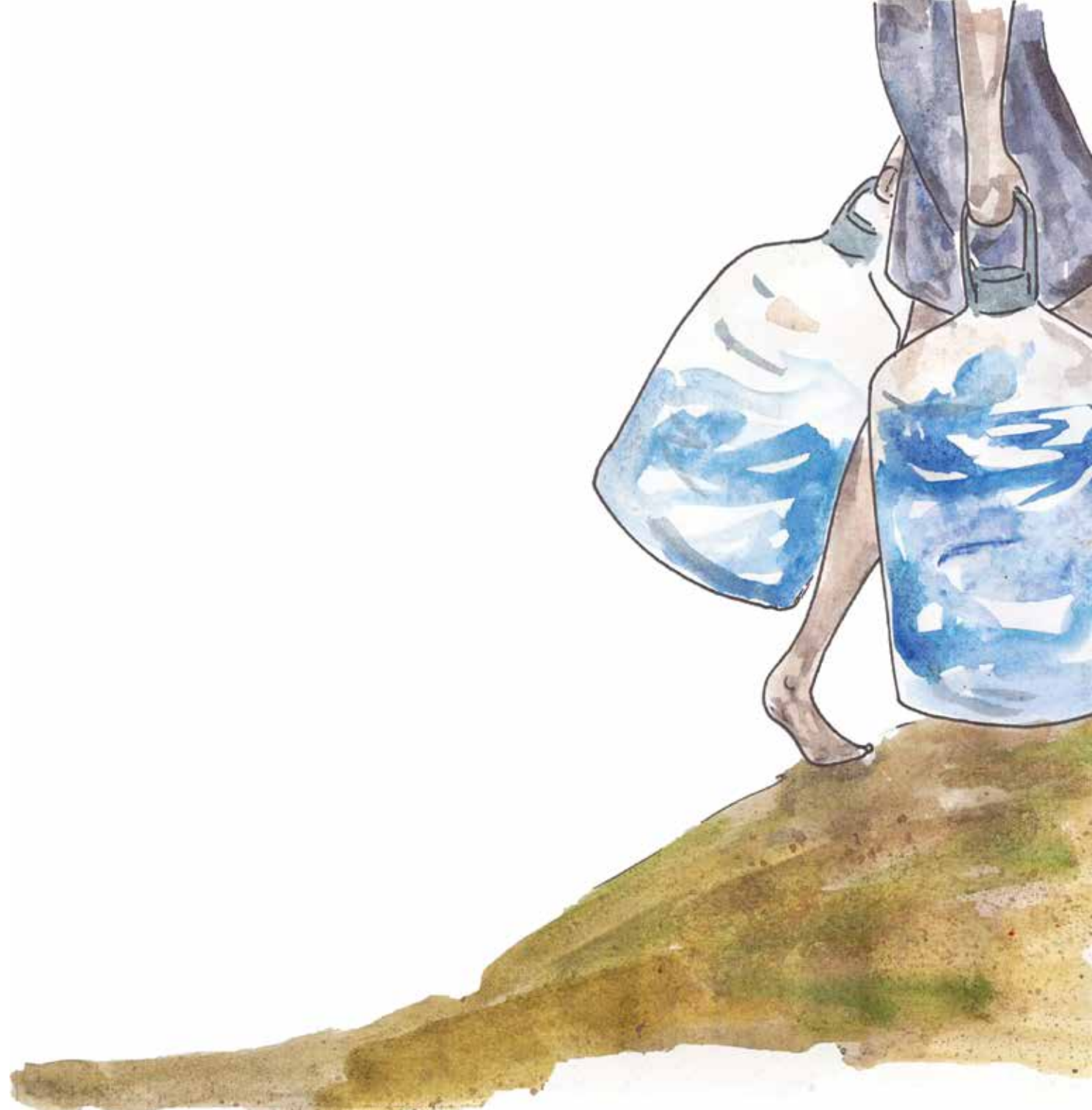


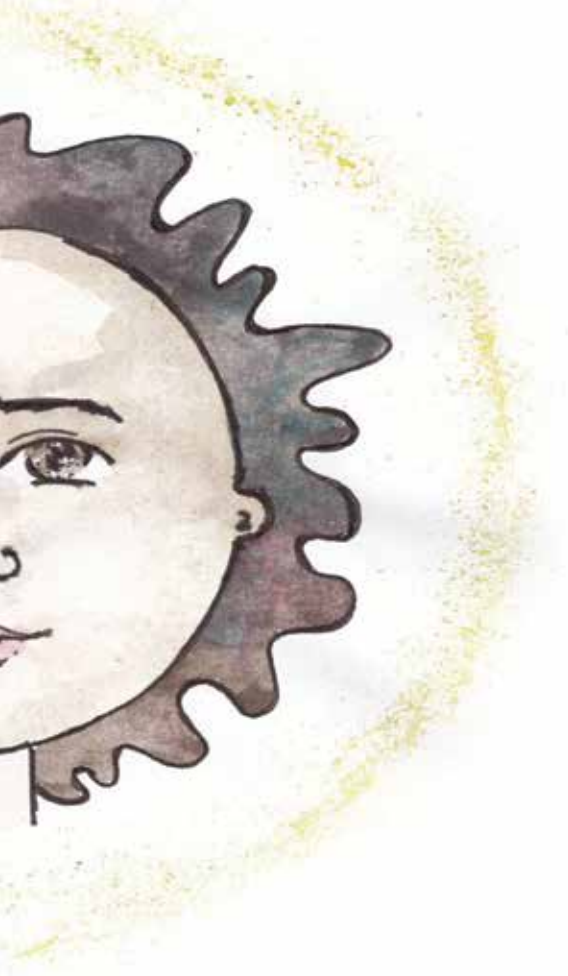
O be a feta bagwera ba gagwe ba  
bapala kgwele ya dinao gomme ba mo sega  
ba hlabile lešata ba re, “Lonwabo ke ka lebaka  
la eng o dira seo? Ke mošomo wa basetsana,  
rena re ka se tsoge re dirile seo.”



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.

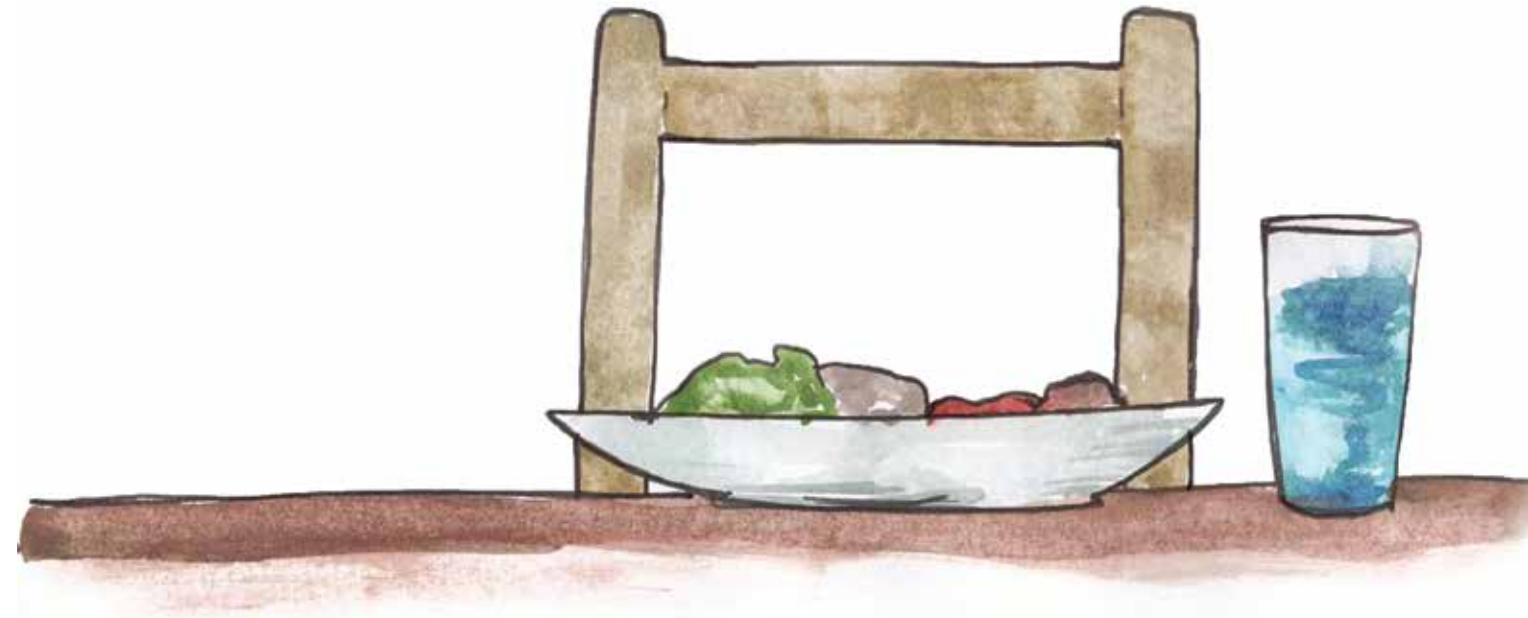
O be a rata go akanya  
gore go tla ba le dikherote tše  
kae ngataneng ye nngwe le ye  
nngwe pele koko wa gagwe  
a di kumula mobung.





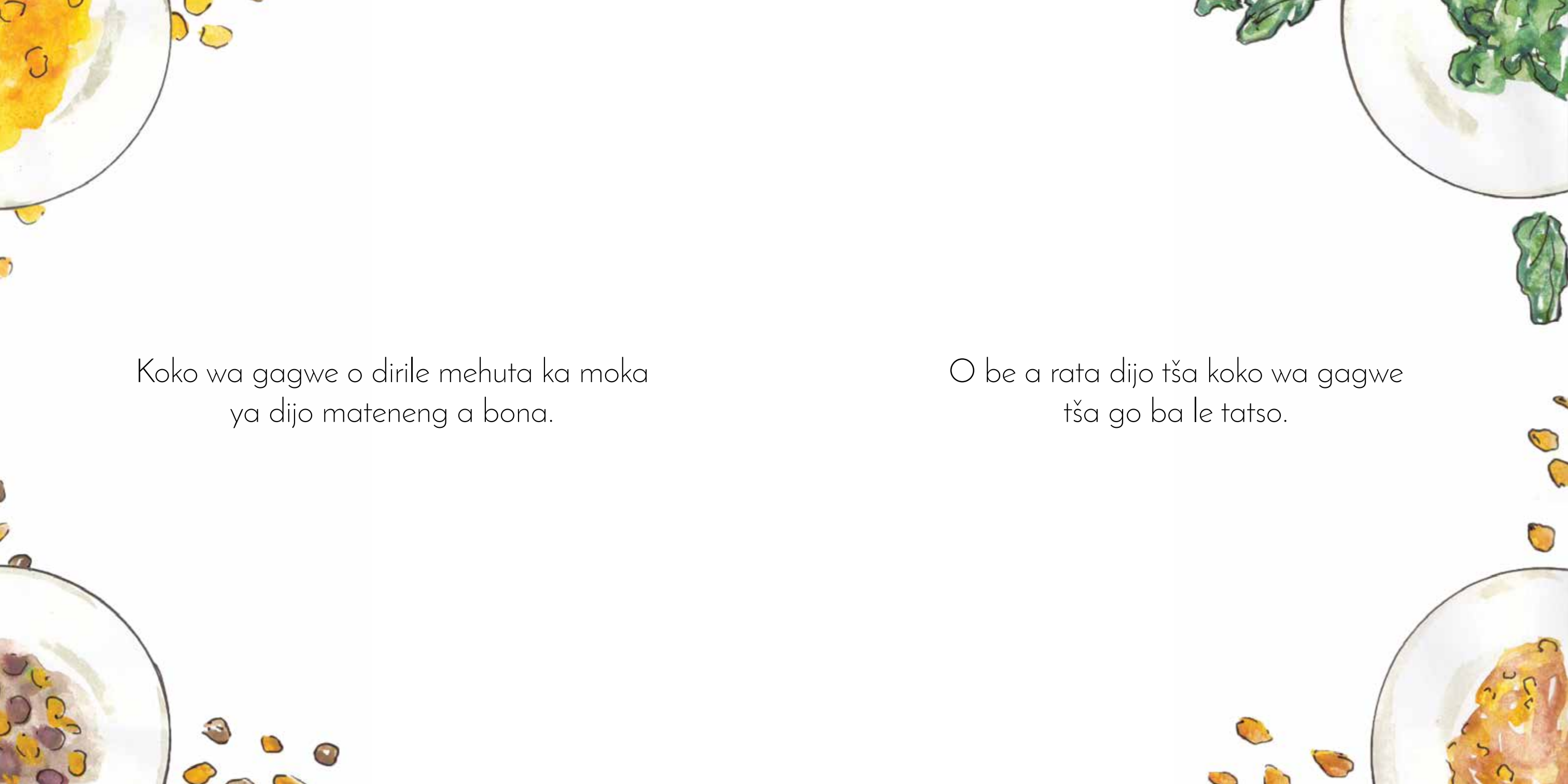
Koko wa Lonwabo o be a mo direla  
matena ka mehla, ge a le sekolong  
le mmagwe a le mošomong.

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.





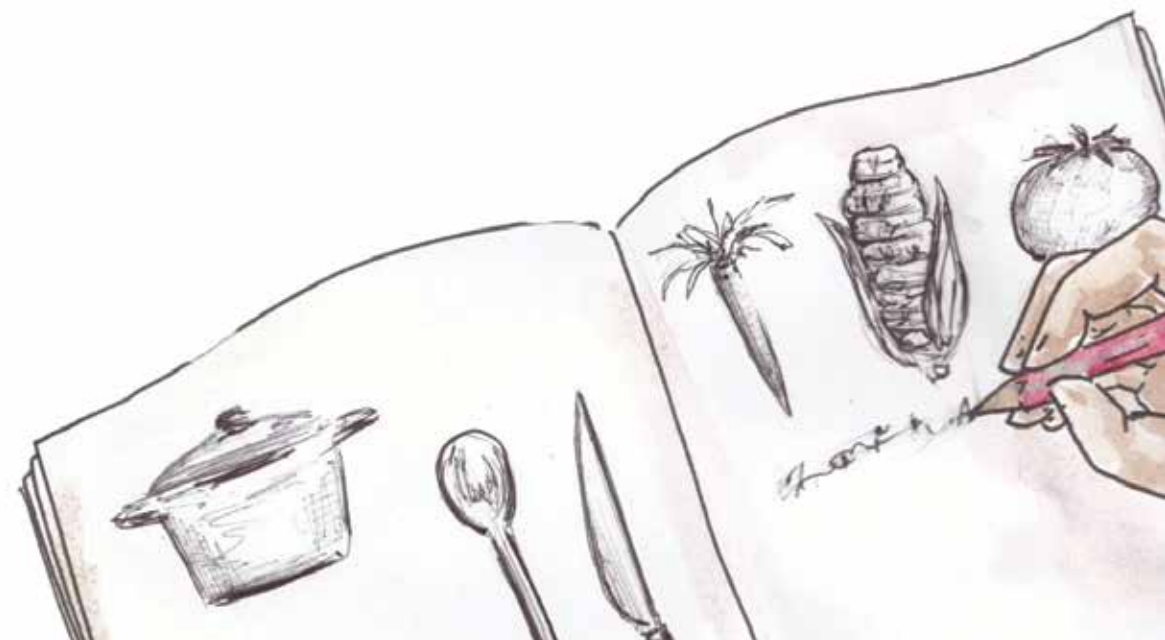
Koko wa gagwe o dirile mehuta ka moka  
ya dijo mateneng a bona.

O 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.



