

(Qjantro in Hmong)

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Cog luam laws hauv koj lub vaj

Luam laws yog ib yam txuj lom nplooj nstuab uas siv nyob rau cov teb chaws West Indies, Central America, thiab sab teb chaws Asia. Yam txuj lom no siv rau laj los yog zaub thiab nqaij los rau txua yam nqaij. Yam txuj lom no nws ua tau ib cov kua roj ua yog 40 yam mev tas mees. Cov nplooj luam laws no tsw ib yam li cov nplooj zaub txwb. Yog tsis muaj zaub txwb los siv tau luam laws ib yam.



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United States Department of Agriculture co-operating.

Yam txuj lom no muaj ntau lub npe. Teb chaws Puerto Rico thiab Dominican Republic lawv hu uas recao thiab culantro. Teb chaws Guyana hu uas fitweed. Teb chaws Martinique thiab Guadeloupe hu uas herbe a fer. Teb chaws Haiti hu uas coulante. Teb chaws Vietnam hu uas ngo gai. Hos teb chaws Trinidad thiab Tobago hu uas shado beni thiab bhandhania.

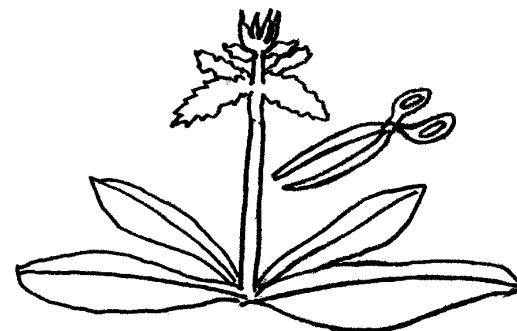
Cog luam laws



Luam laws yog ib yam ua cog tau nyob ntev ntev rau hauv Massachusetts, no. Cov luam laws no nws cog tau rau lub 5 hli yuav tag rau lub 6 hli ua thawm caij ntuj no dhau. Thaum yus coj cov yub luam laws no coj mus cog yuav tsum cog nrug deb li 4 los yog 6 inches. Thiab cov pav ua koj ua ntawv ib pav yuav tsum nrug li 6 inches ntawm ib pav. Nws yuav tsum

yog cog rau cov av zoo xwb. Yog cov av tsis zoo ces yuav tsum npoo chiv los yog muab quav nyuj rau cov av.

Cov luam laws no koj ua ta u yub rau hauv tais thiab ua rau hauv tsev. Thaum nws loj tuaj koj yuav tsum muab pauv rau lub tais loj zog kom nws muaj chaw hlav cag. Thiab thaum cov luam laws no ua lub paj ces nws cov nplooj laus thiab tawv lawm ces tsis zoo noj. Yog koj muab rau qhov ua ntxoov ntxoov cs nws tsis tawg paj heev.



Nws tseem ceeb heev ua yog koj muab cog rau ntawm ib tsob ntxoov los yog ib sab ntawm cov kua txob los yog ib sab ntawm cov lws kom muaj qhov ntxoov ntxoov rau tsob luam laws.

Koj muab cog rau ntawv qhov ntxoov ntxoov nws yeej yuav ua paj thiab. Tab sis yog thaum koj pom cov paj no koj yuav tsum muab lub paj de kom ti tus kav es cov nplooj thiaj hlav zoo. Nws tsis nyuaj rau koj nrhiav cov paj thuam nws tseem ntsuab koj yeeb paub ua lub paj. Daim duab no qhia rau koj tias yuav de lub paj thiab tus kav li cas.

Yuav qhia koj ua ib yam kua txuj lom noj.

Cov khoom ua koj yuav siv:

- 3 lub txiv lws suab liab loj hlais mos mos.
- 1 lub dos duab hlais mos mos.
- 1 lub kua txob ntsim
- 1 lub moj naus tso kua
- 1 nrab kho luam laws zom mos mos
- ntsev thiab fwj txob

Muab cov khoom ntawv sib tov ua ke rau ib lub tais. Muab tso rau hauv taub yees kom txias thiaj qab. Nws zoo ntsw ub no noj.