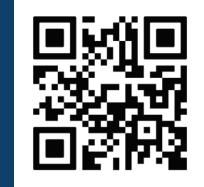




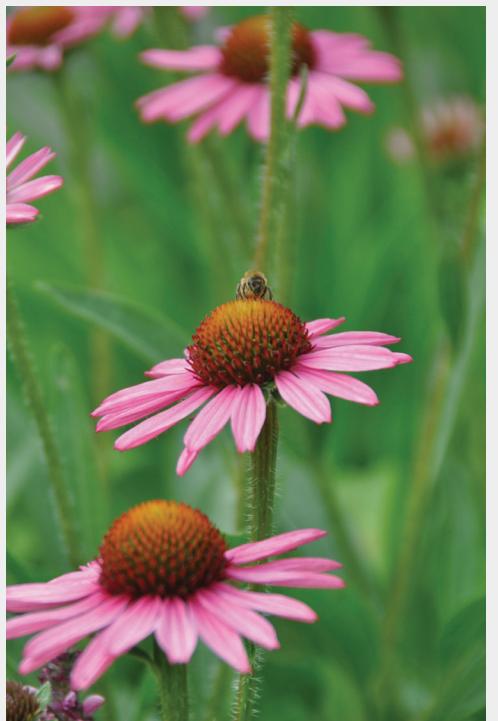
Imisa midh oo shini ah ayaad arkaysaa?

Turjumaada Español,
Hmoob, Русский iyo
Af Soomaali iskaan
summada QR



Noocyada badan oo bacrimiyaasha ah oo kamid ah shinida aad moodo inay miridhka leedahay ayaa sii yaraanaysa taas oo ay keentey waayitaanka iyo waxyeelada bay'ada. Xataa marka laga gudbo wakhtiga hore, dhirta waxay ka heleyaan meel ay ku fadhiistaan noocyada noolayaashani.

Shinida gobolka Minnesota ee federal ahaan khatarta ku jirta, shinida aad moodo inay miridhka leedahay, waxaa weeye sawirt bidix ee **Bergamot Duurka** ee St. Thomas University.



Bidix:

Ubaxa koorn ee soosaliga ah (*Echinacea purpurea*)

waxa uu soo jiitaa bacrimiyayaal kala duwan oo ay ku jiraan shinida malabka, oo caadiyan loo yaqaan bumblebees, shinada dhidida, shinida leh anteenada dheer iyo balanbaalista.

Waxaa ku sawiran bidix shinida malabka.

Midig:

Rough Blazingstar (*Liatris aspera*) waxaa weeye nooca loogu jecel yahay balan baalista.

Waxaa ku sawiran midig balanbaalista gobolka Minnesota, boqorada.



Xunquqda sawirkha: Jaamacada ee St. Thomas



Golden Alexander (*Zizia aurea*) waxa uu leeyahay dhalaal hore oo soo jiida dhamaan noocyada, ay ku jiraan bumblebees Bariga Lagu Yaqaan, kooxda, dukhsiyada shinida canjila (dukhsiyaasha syrphid) iyo shini yaryar oo mdaw oo kala duwan, sida genera Lasioglossum (shinida yar ee dhidida), Ceratina (shinida yaryar ee geedaha) iyo Hylaeus (shinida leh wajiga huruuda ah).

Bidix waxaa ku sawiran bumblebee ee Golden Alexander.



Allina Health



Ma ogtahay?
Allina health inay bixiso
meel amaan ah oo la
dhigto baaskiiladaha?
Nagu soo booqo baaskiil!