

Kôeleh I gedi- About Cabbage

kôeleh á híwógi náa muu uví tu úu gi- Cabbage is good for your body.

kôeleh á shánkí híwógi náa muu uví p'ônbay gi, phéh khúu, hänyú un kháa I gi , hédá uví tsée gi. Cabbage is very good for your brain, your bones, your weight and your eyes.

Nää o dá kôeleh koe da! Now I want to eat cabbage.

Ti woe kôeleh sää p'oe hí an? Do you like cabbage stew?

kôeleh á p'oeseewi á hayháa p'í tsáawäa i naa muu. Cabbage is either green or purple.

Yá gän/män kôeleh koe! Eat some cabbage.