

## SWAHILI MOTTOS

### JAGGERY COOKBOOK

Dalili ya mvua ni mawingu	The sign of rain is clouds	
Fuata nyuki ule asali	Follow the bees and you will get honey	*
Ganda la muwa la jana chungu kaona kivuno	The skin of yesterday's sugarcane is the harvest to an ant	*
Haba ha haba, hujaza kibaba	Little by little fills the measure	*
Hamna utamu, hamna maisha	No sweetness, no life	*
Haraka haraka haina baraka	More speed, less haste	*
Kula kutamu, kulima mavune	Eating is sweet, digging is wearisome	*
Kwa wenye nguvu hutokea utamu	Out of the strong came forth sweetness (Judges 14:14)	*
Mchovya asali hachovi mara moja	He who dips his finger in the honey does not dip it once	
Mchumia juani, hula kivulini	He who works in the sun, eats in the shade	*
Mkulima ni mmoja walaji ni wengi	The farmer is one, but those who eat the fruits of his labour are many	*
Mla cha chungu na tamu hakosi	He who eats bitter things gets sweet things too	*
Mpanda ovyo, hula ovyo	As you sow, so shall you reap	*
Mtu ni utu si viatu	No man is useless	
Mwenye pupa hadiriki kula tamu	A hasty person misses the sweet thing	*
Nisikiapo utamu nacheka	When I feel the sweetness, I laugh	*
Nimekula asali udogoni utamu ungali gegoni	I ate honey in my childhood, its sweetness is still in my tooth	*
Panapofuka moshi pana moto	There is no smoke without fire	
Penye nia pana njia	Where there is a will, there is a way	
Penzi la mama tamu, haliishi hamu	Mother's love is sweet, you can't get enough of it	*
Siku njema huonekana asubuhi	A good day starts early	
Sukari (mchele) moja, mapishi mengi	Sugar (rice) is one, but there are many ways of cooking it	*
Subira huvuta heri	All good things come to those who wait	
Tamu la muwa, kifundo	The joint of the sugarcane is sweetest	*
Usilaumu sisimizi sukari haimalizi	The ant doesn't eat all the sugar	*
Wapishi wengi uharibu mchuzi	Too many cooks spoil the broth	*

\* Currently in Cookbook (as of 21 Sept 09)