

Urban Gulayan NEWSLETTER

JUNE 2022 ISSUE | SERIES #06

Urban Gulayan is a partnership program of TSPI with the Department of Agriculture - Bureau of Plant Industry (DA-BPI) and TSPI Mutual Benefit Associations, Inc. (TSPI-MBAI). It aims to promote household food security, particularly in urban areas. Clients and employees are encouraged to maximize free spaces at home to grow vegetables for their own consumption, for selling, and for sharing in the neighborhood.



Courage Plus Innovation, A Key to Success

A father is always a father no matter what. There are fathers who have good opportunities to provide a better life for their family. Tatay Zaldy Agustin is one of those who are blessed with such an opportunity. In 2006, he took his chance to work in Kuwait in his desire to give a better life to his family. After eight years, he decided to go home. He bought a parcel of land at Castaneda, Nueva Vizcaya, and started his own farm, which is his first love. "Ang pagkalinga ng bukirin ay hindi trabaho para sa akin, kasi lumaki ako sa bukid" says Tatay Zaldy.

Tatay Zaldy is an innovative person. He wanted to have a modern farm. To improve his knowledge of farming, he started watching YouTube and attending different webinars about farm innovation. He applies what he learns on his own farm. His first venture failed due to a typhoon that hit his farm badly when his plants are in the flowering stage. But the failure did not stop him. Instead, he started to look for a solution since every year strong typhoons are expected to come and the timing will always be during the flowering stage or harvest period. He did some research on how to protect his farm from typhoons. He learned that coconut trees are great for breaking the winds so he planted them on his farm to prevent serious damage to his crops. After a few years, he saw that it works and he was able to taste the fruit of his labor with his first harvest.

While having continuous innovation on his farm and enjoying a good harvest, he started studying his available market. He tried selling his vegetables to Baguio and the Sangitan near his place, which later on became two of his steady market. Unsatisfied with the income, he also explored the online market. He started vlogging the innovation he is doing on his farm and sharing it on various Facebook pages. Later on, he created his own FB page called "The Green Basket". Tatay Zaldy shared; "Pag may tanim ipaalam mo na may tanim ka through social media for exposure. Huwag mahiyang i-market ang iyong pananim." His continuous vlogging, posting and promotion of his farm and harvest paid off by getting some buyers online. He is now regularly supplying vegetables like bell pepper and cucumber to some restaurants in BGC, Makati City. "Tiyaga, patuloy na pagsasaliksik ng mga bagong pamamaraan sa pangangalaga sa bukid at patuloy na paghahanap ng market ng aking mga produkto ang naging susi sa aking kinalalagyan ngayon", parting words of Tatay Zaldy.



Lumpiang Pechay

by: Marilou Ebalobo

Ingredients:

Ingredients:
1 large size egg
1 head garlic (minced)
1 head onion (minced)
300 grams chicken (ground)
1 whole carrots (diced)
Salt and pepper to taste
1 tbsp. Oyster sauce
Flour
Lumpia wrapper
Oil



How to prepare pechay:

1. Tanggalin ang dulo ng pechay na walang dahon
2. Ilagay sa mainit na tubig at hayaaan ng 3 to 5 minutes
3. Mag-handa ng ice cold water
4. Ilagay ang pechay sa malamig na tubig ng 2 mins
5. Tangalin ang pechay sa malamig na tubig at piga-pigain para matanggal ang tubig
6. Hiwain ng maliliit ang pechay

Mixture of Lumpiang Pechay:

1. Ilagay ang hiniwang pechay sa mixing bowl
2. Ihalo sa pechay ang ibang ingredients-minced garlic and onion, diced carrots, egg, oyster sauce, flour at ground chicken, salt and pepper
3. Haluing mabuti
4. Ibalot sa lumpia wrapper ang mixture

How to cook:

1. Painitin ang kawali na may mantika
2. Ilagay ang mga binalot lumpia
3. Hanguin ang lumpia kapag ang lahat ng side ay golden brown na

Note : Maaari itong isawsaw sa suka na may salt and pepper or ketsup.
Best served while hot!

SPECIAL FEATURES

SI ITAY AY...



"...isang matatag na haligi ng tahanan, pagsisikap niya'y di matatawaran. Siya ay aking kayamanan kahit anong bato di siya matutumbasan."

Mary Faith Abadilla
Executive Assistant
Office of TSPI Executive Director

"...haligi ng tahananang hindi matutularan, sapagkat ang buhay niya ay nakalaan para sa amin na kanyang pamilya."

Marian Gutierrez
Senior Manager, CCMD
TSPI Credit Cycle Management



GROWING SEEDS OF GOD'S WORD IN OUR HEARTS!

"Kung aani kayo, huwag ninyong ubusin ang mga nasa gilid ng inyong mga bukid, at huwag na ninyong balikan para ipunin ang mga naiwan. Ipaubaya na lang ninyo iyon sa mga dukha at sa mga dayuhan. Ito ang utos ng Panginoon na inyong Dios." - Leviticus 23:22



TSPI URBAN GULAYAN CURRENTLY COVERED AREA:

1. REGION 3

North Central 1B

- Gapan Branch
- Palayan Branch
- Cabanatuan Branch
- Apalit Branch
- San Fernando
- Pampanga Branch

Central Region

- SJDM Branch
- Sta Maria Branch
- Baliuag Branch
- Balagtas Branch
- Malolos Branch

2. NCR

Central Region

- Corporate Center
- Taguig Branch
- Las Piñas Branch
- Parañaque Branch
- Tondo Branch
- Valenzuela Branch
- Malabon Branch
- Antipolo Branch

3. URBAN GULAYAN COMMUNITIES:

- Bacoor Community Garden
- Taguig Community Garden
- Las Piñas Community Garden
- Quezon City Community Garden
- Paranaque City Community Garden
- MASIFAGCA Community Garden
- ALCAVEGA Community Garden

Abangan ang Urban Gulayan sa inyong lugar!

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URBAN GULAYAN SAGOT SA NAGBABADYANG KAKULANGAN SA PAGKAIN

by: Lino Sumaong, SAO Capas Branch

Ang nagaganap na digmaan sa Russia at Ukraine ay nagdulot ng pagtaas ng presyo sa ibat-ibang mga esensyal na bagay. Isa na dito ay ang presyo ng mga pagkain. Ang kaliwa't kanan na pagtaas ng presyo ay hindi masundan ng pagtaas ng kita ng mamayan. Bilang indibidwal, napakahalaga na mayroon tayong gampanan upang makatulong sa solusyon ng napipintong krisis sa seguridad sa pagkain. Pwede tayong, magtanim ng mga gulay at halamang gamot na maaring makatulong sa ating pamilya. Maraming pamamaraan ng pagtatanim, maliit man o malaki ang iyong espasyo ito ay pwedeng taniman ng iba't-ibang uri ng gulay. Katulad ng aking vegetable garden, hindi ito kalakihan pero ako ay nakakaani ng gulay at prutas, katulad ng sili panigang, papaya, etc.

Kaya aking iminumungkahi ang pag-lagay ng gulayan sa inyong bakuran. Maliit man na paraan subalit napakalaki ng tulong nito upang masustina ang kakulangan sa pagkain at makakatipid pa tayo sa gastusin sa pagkain. Ang pagtatanim ay nakakatulong din sa iyong mental health kasi ito ay makakabawas ng stress. Sigurado ako na mag-e-enjoy ka mula sa pagpupunta ng binhi, pangagalaga ng tanim at lalo na kapag ikaw ay nagsimula ng umani.

Sa Urban gulayan makakatipid na tayo at tiyak pang masustansya ang Gulay na ating ihahain sa hapag kainan ng ating pamilya."

Harvest Vegetable for sale!

| Date | Total Harvest | Pinamigay | Rejects (cried & used for mulching) | Binenta | Total Sale |
|-----------------|---------------|-----------|-------------------------------------|------------|------------|
| Jun 13-14, 2022 | 63 bundles | 2 bundles | 30 bundles | 31 bundles | P1,370.00 |

Note: 6-10 puno per bundle depending on size of puno

GREEN THUMB TIPS

Transplanting

The process of planting the seedlings from the nursery to the field.

*2 to 3 true leaves - rule of thumb



Urban Agriculture – Agricultural Training Institute

MAGTANIM AY...



"laging gawin, sasariwa ang ating hangin"

Melissa Pescasio
AO, Gapan Branch

"makakatulong sa ating lahat para buhay ay walang gawa!"



AS Liezel Domingo
Gapan Branch

ANNOUNCEMENT!

MAY KWENTONG GULAYAN KA BA?

Be an Urban Gulayan contributor/writer!

Interested? email your story to Malou (mcebalobo@tspi.org), or send it to FB messenger (Marilou CE)

