

Urban Gulayan NEWSLETTER

MARCH 2022 ISSUE | SERIES #03

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.



COMMUNITY GARDEN IN PASAY CITY NOW PART OF URBAN GULAYAN!

TSPI Urban Gulayan now supports the Community Garden of Barangay 193 Pasay City, under the Barangay Appropriation and Cooperative Program headed by Barangay Council Mr. Edwin Amolo and Barangay Chairman Mr. Michael Dawal. They were invited by Ms. Marilou Panes, TSPI Paranaque Branch Manager to join the Urban Gulayan Orientation held on January 2022. They expressed high interest to be part of the TSPI Urban Gulayan Program and TSPI Kabuhayan Program (TKP).

On February 8, 2022, twenty-three new members from Barangay 193 attended the TKP Branch Orientation and Recognition held at the Barangay Hall. To date, they are processing more new members from Barangay. 193 to join TSPI Kabuhayan Program. On February 16, Central Sector Head Ms. Jo Montemayor, together with Area Manager Ms. Edralin Saltivan, Branch Manager Ms. Marilou Panes, Ms. Marilou Ebalobo, Manager Alliance Program Group, and Bureau of Plant Industry representative Mr. Bhong Alachupas visited the Community Garden to distribute free seeds such as tomatoes, okra and others and to give a piece of advice on how to set-up their Community Garden. Upon their visit, they met Ms. Leni Feliciano, Assistant of the Pasay City Mayor, and she was delighted to learn about the TSPI mission and programs. Ms. Jo Montemayor and the team were allowed to present on March 3, 2022, the TSPI programs and services to Pasay City Mayor Emi Rubiano on where he appreciates the TSPI in helping to improve the livelihood of micro-entrepreneurs in Pasay City. Meanwhile, the TSPI Paranaque Branch is preparing to present its mission, programs, and services to the Sangguniang Bayan, including the TSPI's participation in the planned Urban Gulayan Festival in the City. Congratulations to TSPI Paranaque Branch for initiating this partnership with LGU, and to serve more micro-entrepreneurs through TSPI Urban Gulayan and Livelihood Program.

GROWING SEEDS OF GOD'S WORD IN OUR HEARTS!

AKO ANG NAGTANIM, AT SI APOLOS ANG NAGDILIG. NGUNIT ANG DIOS ANG SIYANG NAGPATUBO.

1 CORINTHIANS 3:6



PECHAY WITH TINAPA STUFFING RECIPE

By Lyn Onesa
Recipe source: SIKHAY (Sigla, Kalusugan at Buhay)

Ingredients:

- 12 large Pechay Leaves, white stalks cut off
- 400g tinapa, flaked
- 1 ½ cups coconut cream
- 5 cloves garlic, minced
- 1 white onion, chopped
- 2 tomatoes, diced
- 1 tsp. turmeric
- ½ tsp. chili flakes
- Patis or salt and pepper
- 2 tbsp. cooking oil
- Spring onions for garnish



Wrapping:

1. Spread Pechay leaf on a plate and add a tablespoon of tinapa flakes at the center.
2. Roll and secure the filling like making spring rolls (be careful not to tear the leaf), repeat with other leaves.

Cooking:

1. In a small pan, heat oil and sauté onion, garlic, tomatoes, and chili flakes.
2. Arrange Pechay Tinapa Roll in a single layer and pour coconut.
3. Add salt and pepper to taste.
4. Simmer for 15 minutes until sauce is reduced.
5. Transfer to a serving plate and sprinkle with spring onions.



MY HAPPY HYDROPONICS JOURNEY: Benefits to me and my family



"My newly found hobby and my stress reliever lighten my mood, especially when my plants are healthy and growing. When my family saw the benefits of vegetable gardening, they joined me on my farming journey." A happy remark by Ms. Sandy Reñon, TSPI Individual Loan Credit Officer from Cabanatuan Branch. Ms. Sandy enjoys posting her daily hydroponics journey on Facebook. It encourages her friends to also try growing vegetables using SNAP Hydroponics. They are asking her for more details like how to start a hydroponics vegetable garden and where to buy the needed materials.

Ms. Sandy started hydroponics as part of the TSPI Urban Gulayan Program. According to her, setting up hydroponics is easy, but there are challenges as similar in planting using the soil. "Sobrang mahangin kaya parang dumapa ang tanim. Minsan naman maulan at kailangan lagyan ng lilim. Habang lumalaki sila hindi po sila healthy" as she mentioned in regards to her main concern. She consulted those who are knowledgeable on hydroponics and was happy to be able to grow her crops well. Her message to ka-Urban Gulayan - "Subukan nyo din na mag-Urban Gulayan dahil malaki ang maitutulong sa ating pangangailangan, katulad ng mga masustansiyang gulay na walang pesticide o insecticide."

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

Abangan ang Urban Gulayan sa inyong lugar!

CONTRIBUTORS:

- Marilou Ebalobo, TSPI - APG
- Aquilina G. Onesa, TSPI - APG
- Jane Carol Mallari, IO, Malolos
- Venice Gutierrez, Taguig Client
- Ma. Flor Tariella, TSPI Board of Trustee
- Sandy Renon, LCO, Cabanatuan

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GINTONG PUSO, GINTONG ANI

by Marilou Ebalobo

"Pagtulong sa kapwa ay hindi sinusukat sa estado ng buhay, kahit mahirap ka ay pwedeng gawin ito," an inspiring insight from Nanay Imee – a member of MASIFAGCA Pangkabuhayan Inc. MASIFAGCA is a farmer group composed of TSPI farmer-clients and is part of the Farmer Entrepreneurship Program (FEP) in partnership with Jollibee Group Foundation (JGF). On February 9, 2022, MASIFAGCA farmers namely tatay Orlan, tatay Ramon and Nanay Imee supported the restoration of the TSPI Head Office Urban Gulayan Garden. They donated vegetable plants such as tomato, okra, sili, calamansi, and papaya. Relatively, they show to the personnel who will be attending the crops the proper way of vegetables gardening and gives the idea of growing vegetables alongside calamansi and papaya. TSPI Administration team learned from the farmers while they helped in setting-up the Urban Gulayan plots. They are in charge on day to day monitoring of the plants.

As part of Urban Gulayan challenges, some of the plants did not grow well and need to be replanted however it is pleasing to note that on the 3rd week of March the mustasa grown on hydroponics were harvested and was sold out to Head Office Employees, with earning of P400 pesos. Soon we are expecting to harvest more mustasa, tomato, eggplants and others.

MASIFAGCA farmers were asked, why they donated plants? And Nanay Imee fondly said "Kasi naniniwala po talaga kami ng MASIFAGCA na kapag isa ang galaw at isa ang isip ay siguradong ito ay patungo sa magandang hinaharap". There is truth in what she said, having the same goal and mindset is key to achieving a good result. The P400 earning from the mustasa harvest may seem small but it proves that unity and dedication yields results. Moving forward to scaling up and sustainability of the program. Go Head Office Urban Gulayan Team!

MAGTANIM AY...



"... ay maihahalintulad sa ating buhay, na hindi po sa lahat ng oras tayo ay nasa yugto ng magandang ani.

Ang pinaka-mahalagang aral po na dapat nating tandaan, ay sa bawat hirap at pagtititis po na ating nararanasan, natututo po tayong maging mababa at bumangon muli para harapin ang panibagong hamon ng buhay hanggang sa umani ng umaapaw na biyaya mula sa Panginoon."

Jane Carol Mallari
Insurance Officer
Malolos, Bulacan

"...tugon sa kakulangan ng pagkain sa hapagkainan sa gitna ng pandemia."

Venice Gutierrez
Client | Taguig Branch



GREEN THUMB TIPS



"Napakabit ng Diyos sa atin, nasa paligid lang ang mga bagay na maari natin gamiting pataba sa ating mga tanim. The best fertilizer ay ang mga nabubulok na mga dahon lalo na kung dahon ng parehong halaman na lalagan ng pataba. Halimbawa, ang nabubulok na dahon ng mangga ay mainam na pataba para sa mangga."

Ms. Flor G. Tariella
Member, TSPI NGO & MBAI Board of Trustees
Author, Weedibles & Weedicals

ANNOUNCEMENTS!

Dagdagan ang kaalaman!
Dumalo sa

SAMBAYANIHAN Urban Gulayan WEBINAR



Pangangalaga ng Gulayan Gamit ang Organikong Pataba

Alamin kung paano mag-Composting at maghanda ng Fish Amino Acid (FAA), Fermented Plant Juice (FPJ) at Fermented Fruit Juice (FFJ)

Aril 27, 2022 | Wednesday
3:00-4:30 PM | via Zoom

Speaker:
Mr. Bhong Alachupas
Agriculturist I
DA-Bureau of Plant Industry

BE HEALTHY!

ABANGAN ang mga Organic Gulay for Sale from our Urban Gulayan Communities!

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)