

Urban Gulayan NEWSLETTER

JULY 2022 ISSUE | SERIES #07

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.



Family bonding through Urban Gulayan

By: Lorie Hernandez, TSPI Sector Head - South 1

The COVID-19 pandemic brought many changes in our way of living. On a brighter side, it brought out the goodness of mankind. Some realizes the importance of family and started appreciating the simple things that matter most. For my family, vegetable gardening is what of the things we learn to do and appreciate together.

"Noong nag-pandemia, nagsimula akong magtanim ng mga halaman at gulay kaya nagpapasalamat ako sa Provincial Agriculture Office ng Quezon at TSPI na nagbigay ng seeds para sa tuloy-tuloy na pagtatanim ng mga working mom na katulad ko." The backyard vegetable garden that we set-up has become our simple haven. Taking care of the plants turned out to be a productive family bonding activity for us during weekends. It is also a way to teach our son to be responsible by watering the plants regularly. While at work, my husband and son are the ones looking after our vegetable garden. Going home excites me as I look forward to planting and checking on our vegetables crops.

Our own vegetable garden makes our family healthy and happy. "Malaki ang tulong ng pagtatanim ng gulay sa pagpapanatili ng malusog at masayang pamilya."

GROWING SEEDS OF GOD'S WORD IN OUR HEARTS!



"Itanim ninyong mabuti sa mga puso n'yo ang mga aral ni Cristo. Paalalahanan at turuan n'yo ang isa't isa ayon sa karunungan kaloob ng Dios. Umawit kayo ng mga salmo, himno, at iba pang mga awiting espiritwal na may pasasalamat sa Dios sa mga puso ninyo."

Colosas 3:16



HOMEMADE INSECTICIDE

Urban Agriculture - Agricultural Training Institute

All-in-one insecticide spray!

Materials:

- 100g fresh chili
- 1 bulb garlic
- 1 bulb onion
- 1 liter water
- 1 tablespoon liquid soap

Procedure:

1. Blend the chili, garlic and onion with water
2. Strain the mixture
3. Add the liquid soap

Application:

Spray it as is onto plant (no dilution).



MAGTANIM AY...

"kay saya at kahali-halina lalo na kapag ang bunga ay masagana."








Gesmenya Ofrin
Area Manager
Quezon 2



"hindi panghihinawaan ng taong may aking kasipagan na ang hangad ay kaginawaan."

Perly de Chavez
Senior Account Officer
Sariaya Branch

PLANTING CALENDAR

Vegetables/Crops	Time of Planting	Plant Population per hectare (ha)	Maturity	Volume of Production (tons/ha)	Distance of Planting		
					Hill (cm)	Row (cm)	
	Chinese Cabbage	October-December	166,667	55-65 days after transplant	10-25	20	20
	Cowpea	All-season	200,000	60-75 days after planting	8-10 tons (green pods)	10	50
	Cucumber	May-July Oct-Dec	44,444	50-65 DAP	10-15	50	100
	Eggplant	All-season	33,333	90-120 DAP	9-11	75	100
	Bataw	All-season	12,500	75-90 DAP	10,000-15,000	80	100
	Kangkong	All season	333,333	30-50 DAP	10-12	15	20
	Lettuce	All-season	160,000	30-45 DAP	5-10	25	25

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:

- DA-ATI
- Mylene Bello Verjes, TSPI Client - Paranaque Branch
- Lorie Hernandez, AM South 1 Region
- Gesmenya Ofin, AM Quezon 2
- Perty de Chavez, SAO-Quezon2

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Sharing the blessings through hydroponics expansion

Nanay Mylene Bello Verjes wife of Kagawad Edwin Amorsolo is a TSPI Kabuhayan (TKP) client. She is a member of the Barangay 193 Cooperative in their barangay in Pasay City whose members are also clients of TSPI. Nanay Mylene is the caretaker of the Urban Gulayan community Garden run by their cooperative.

They started hydroponics with just one plant box. The rest of the vegetables are in a regular vertical gardening set-up. Applying the technical knowledge, she gained from TESDA training on hydroponics, they were able to expand their vegetable garden to include aquaponics and greenhouse for seed germination.

During the interview of Nanay Mylene about maintaining hydroponics garden, she said, "Malaki ang tulong nito hindi di lamang sa pansariling konsumo kundi pati na sa komunidad. May pagkakataon na nakakapag donate kami ng pechay at mustasa sa community pantry at aming mga ka-barangay lalong-lalo na noong nag lockdown sa aming lugar noong height ng COVID-19 Pandemic".

Realizing how blessed they are with all the support their received during tough times under Pandemic, they are now giving back by sharing their knowledge and experience in hydroponics gardening with their ka-barangay. "Nagtuturo kami ngayon sa aming barangay ng pangangalaga ng hydroponics para ang aming mga kapitbahay ay magkaroon ng sapat na pagkain lalo na kapag walang ayudang dumadating katulad noong height ng COVID-19 Pandemic".



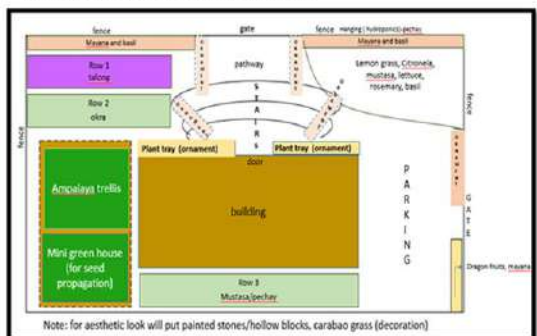
GREEN THUMB TIPS
 Paggamit ng sirang gulong, sirang mga bagay, o gamit na containers bilang taniman.

Urban Agriculture – Agricultural Training Institute

ABANGAN!!!



Proposed Layout/ Landscape of Bacoor Urban Gulayan Community Garden



- Vegetables (e.g. pechay, mustasa; lettuce; talong; okra; patola; amplaya and kalabasa)
- Fruit-bearing Trees (e.g. calamansi; coconut trees; blue berry; dwarf banana and others)
- Herbs, Weedicinal and Weedables
- Green House for growing seeds

ANNOUNCEMENT!

SEED HANDLING & STORAGE

Come & Join Us!
 26 JULY, 2022
 2PM VIA ZOOM

ALAMIN!
 Safe handling of treated seeds
 Proper seed storage
 Seed packing and handling

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)