

Urban Gulayan NEWSLETTER

APRIL 2023 ISSUE | SERIES # 16

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



“Mangamote” is Good!

by: **Marilou C. Maurillo- Manager**
TSPI Alliance and Program Group

In every family, bringing food on the table is always a priority but the type of food to bring is also an important thing. Good food does not have to be expensive.

Camote tops (“talbos ng kamote”) is one of the most nutritious leafy vegetables.

It is easy to plant and pair with another dish. Growing *talbos ng kamote* fits urban and peri-urban backyard vegetable gardens. It does not require much space and capital. Its trimmings can actually be replanted instead of disposing as waste. It is easy to grow and can be harvested within one or two months. The harvest is ready to cook, share or even sell. Making it readily available and affordable adds nutrition to the family. *Talbos ng kamote* is rich in calcium, iron, complex carbohydrates, protein and fiber and multiple vitamins.

Some helpful information on growing camote tops:

- a 10-meter long plot can produce 10 kilograms of *talbos ng kamote* every 30 days.
- a kilogram of *talbos ng kamote* is usually divided into 5 smaller bundles that can be sold at P20.00 each.
- 10 kilograms is equivalent to 50 bundles that can be sold for a total of P1,000. (Source: Agriculture Magazine)

So, both eating and planting camote (“mangamote”) is good! Next time you eat camote tops don’t throw the stems - plant them! For more details on starting a *talbos* business, join the upcoming Urban Gulayan Webinar next month! *Mangamote tayo!* See you there!

SAMBAYANIHAN CENTER CORNER



Bringing Good News to the Needy

by: Marilou Maurillo- Manager, TSPI Alliance and Program Group

Sambayanihan Center Feeding activity was held in San Jose del Monte on March 24, 2023. Urban Gulayan Orientation was presented to 110 participants which is a combination of TSPI members and potential members. After the orientation, free seeds were distributed to interested participants. Two weeks from the day of seeds distribution, TSPI will visit the beneficiaries to check the status of their vegetable garden.

TSPI Sambayanihan Center with Urban Gulayan: Harvest Festival



- 77 TSPI branches will participate in the Harvest Festival on June 2023.
- Free seeds were distributed and planted among Sambayanihan Center such as okra, sili, talong, pechay, kalabasa, sitaw, mustasa, ampalaya and patola.

TSPI Sambayanihan Center Urban Gulayan – “Sama-samang Pagtatanim” (February-April, 2023) para sa paghahanda sa Harvest Festival na gagaganapin sa June 2023!



GREEN THUMB TIPS

Soil Mixture Composition for Germination

The mixture is a combination of different available resources at home using a selection of ingredients, such as organic matter from compost manure and other decomposing plant materials. It adds essential nutrients and helps to increase drainage and the presence of soil oxygen.

Example ratio for complete organic potting soil:
1 kg of garden soil
1 kg compost manure
1 kg decomposing plant materials (ex: leaves)

Soil Less Medium

Coir Dust

Carbonized Rice Hull

Compost

by: Ernie “Lito” Bellosa - Agriculturist II, DA- Bureau of Plant Industry

GROWING SEEDS OF GOD’S WORD IN OUR HEARTS!

“Sa magkabilang pampang ng ilog ay tutubo ang sari-saring punongkahoy na makakain ang bunga. Hindi malalanta ang mga dahon nito ni mawawalan ng bunga sapagkat ang didilig dito ay ang tubig na umaagos mula sa templo; ito ay patuloy na mamumunga sa buong taon. Ang bunga nito ay pagkain, at gamot naman ang mga dahon.”
Ezekiel 47:12

MAGTANIM AY...



“... nakakapag-bigay ng maayos at magandang kalusugan sa bawa’t isa, nakakatulong din itong madagdagan ang kita ng pamilya.”

Ciela Aguila Tagle
TSPI Client, Mulanay Branch

“...masaya, nakatanggal ng problema at nakakatulong na magkaroon ng seguridad sa pagkain para sa pamilya.”

Allan Barrientos
Branch Manager, TSPI Bolinao, Branch





Buttery Garlic Green Beans (side dish)

Source: www.allrecipes.com

Ingredients:

- 500g green beans
- 1/2 cup butter
- 2 cups of water
- thinly sliced mushroom
- dash of black pepper
- 1/2 lemon (optional)
- pinch of salt (to taste)

How to prepare:

- Slice the green beans to your desired size
- Boil 2 cups of water, add the sliced green beans, bring to boil for 5 to 10 minutes (to desired crunchiness) and set aside
- Put butter, minced garlic, cooked beans, mushroom and black pepper in a separate pan; squeeze in lemon and stir for 5 minutes
- Season the green beans with the mixture and make sure that the green beans are well coated with butter
- Serve and pair with meat or fish

Green Peas' Healthy and Nutritious Benefits

Source: https://www.healthline.com/



Green peas, or “garden peas,” are small, and sphere-shaped seeds that come from pods. It belongs to the legume family, which consists of plants that produce seeds inside, such as lentils, chickpeas, beans and peanuts. Because of their high complex carbs content (starches), green peas are considered starchy vegetables like potatoes, corn and squash.

Green peas are nutritious. It contains fiber and antioxidants, which help protect against some chronic illnesses, such as heart disease and cancer. A satisfying food due to its high content of protein and fiber.

Health Benefits

- provides excellent source of protein
- helps maintain healthy blood sugar level
- helps in proper digestion
- protects against some chronic diseases such as cancer, diabetes and heart disease
- contains calories, carbohydrates, fiber, protein, Vitamin A, K, C, thiamine, folate, manganese, iron and phosphorus

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

Source: Agricultural Training Institute (ATI)



My Passion for Home Vegetable Gardening Started at School

by: Aimeelyn Baptista
Branch Manager, TSPI Narvacan Branch

“Konting sipag at tiyaga sa pagtatanim, para makasiguro tayo na ang pagkain na ating ipapakain sa ating pamilya ay bago, malinis at masustansya. Samahan na rin natin ng dasal upang ito ay lumago, sabi nga nila “kung may itinanim, may aanihin”. A piece of advice from Ms. Aimee as she narrates her Urban Gulayan journey.

During Aimee's elementary school days, she remembered that setting up a home vegetable garden was one of their school requirements. This taught her how to plant and maintain a home vegetable garden. To encourage them, the school gave them free seeds. When she received the seeds, she immediately planted them upon reaching home. In the process, Aimee discovered her passion for vegetable gardening and was motivated to maintain the garden knowing that she can serve safe, organic and healthy food to her family. Also, she enjoyed the experience of harvesting from her own garden and found it very fulfilling.

Challenges like rotten vegetables due to unknown reasons are just part of maintaining a vegetable garden. “Importante na huwag susuko. Pag nasiraan ang pananim patuloy lang na magtanim,” an advice from Aimee. She suggested that, to be assured of a good harvest, vegetables should be planted following the planting calendar. Based on her experience, she learned that ornamental plants should be planted near vegetables because the flowering ornamental plants attract insects that help in pollination. This is the reason why her fruit-bearing vegetables have plenty of fruits, just like her pole beans. The other vegetables she grows are radishes, patchay, and mustasa among others.

With the benefits that Ms. Aimee and her family had continuously experienced, she is determined to continue planting vegetables in her backyard.

ANNOUNCEMENTS



Monthly Urban Gulayan Webinar:

Best Grown Vegetables during Summer - Camote Tops, Peas and Beans Vegetables

TSPI Sambayanihan Centers with “Sambayanihan Gulayan”

North 1 Sector Branches

- San Carlos
- Umingan (2)
- Malasiqui
- Mangag
- Mangaldan (3)
- Tayug (2)
- Urdaneta

North 2 Sector Branches

- Pinali
- Batac
- Cabugao
- Vigan
- Magsingal
- Narvacan
- Agoo

North Central 1 Sector Branches

- Gerona
- Mancada
- Paniqui (2)
- Tarlac (2)
- Cabanatuan (2)
- San Fernando
- Apalit
- Capas
- Palayan
- Gapan (2)

North Central 2 Sector Branches

- Tuguegarao
- Cauayan
- Cabatuan
- Santiago
- San Jose
- Guimba
- Talavera
- Alicia
- Ilagan

South 1 Sector Branches

- Candelaria
- Calauag (2)
- Sariaya
- Tayabas (3)
- Mulanay
- Almonan
- Tagkawayan
- Unisan
- Lucena 1
- Catanduan
- Sta. Elena

South 2 Sector Branches

- Naga
- San Fernando
- Calabanga
- Pili
- Nabua
- Polangui
- Ligao
- Daraga
- Legaspi
- Goa
- Labo

South Central Sector Branches

- Indang (3)
- Balayan (2)
- Nagcarlan (2)
- Nasugbu
- DBB (Bacoar)

Central Sector Branches

- Quezon City
- Antipolo
- Taguig
- SJDM
- Baliuag
- Valenzuela
- Corporate Center

Branches with Individual and Community Participants

- Corporate Center (Head Office)
- Taguig (26 household)
- Quezon City (14 household)

CONTRIBUTORS:

Marilou Maurillo –Manager, TSPI Alliance and Program Group
Aimeelyn Baptista-Branch Manager, TSPI Narvacan Branch
Allan Barrientos- Branch Manager, TSPI Bolinao Branch
Ciela Aguilta Tagle- TSPI Client, Mulanay Branch
Ernie “Lito” Bellosa- Agriculturist II, Bureau of Plant Industry

Special Feature Source:

Healthline.com
All Recipe.com
Planting Calendar Source: Agricultural Training Institute (ATI)

PRODUCTION TEAM:

TSPI Alliance & Program Group

Writer: Marilou Maurillo

Writer/Editor: Aquilina Onesa

Proofreader: Ellen Apolinario

Lay-out Artist: Kazuyoshi Sanada

Tulay sa Pag-Unlad, Inc.
(A Microfinance NGO)
2363 Antipolo St., Guadalupe Nuevo, Makati City
www.tspi.org
partners@tspi.org
FB Page: Tulay sa Pag-unlad Inc.
TCCS No.: 0917 830 5017

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)

BE HEALTHY!

Abangan ang Urban Gulayan sa inyong lugar!