

# Urban Gulayan

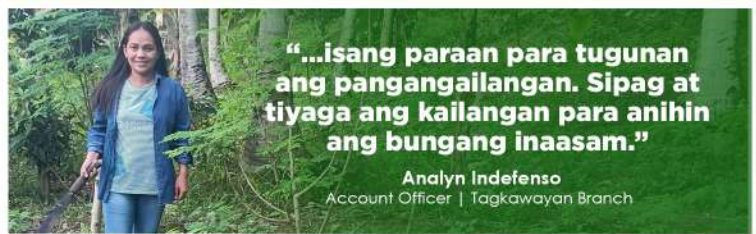
## NEWSLETTER

AUGUST 2022 ISSUE | SERIES # 08

**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.



### MAGTANIM AY









## Sambayanihan® for Food Sustainability

"Hindi mo kailangan maging mayaman para makatulong sa kapwa.", said Nanay Florinda Esperanza, a TSPI Client-Agent from Center 2313 of Sariaya Branch, Quezon Province. Nanay Florinda a mother of 3 children became the point person in Sambayanihan® Center Community Gulayan Garden under TSPI Sariaya Branch. She is actively engaged in social service, diligent and hardworking. She is a scholar of Meralco Foundation for Livelihood Training, where she learned how to maintain and make vegetable garden sustainable. She is now sharing and teaching her neighbors the vegetable gardening method that she learned.

Nanay Florinda together with the other center members with Sambayanihan® spirit, volunteered to take care their Community Gulayan. The vegetable produce are being shared among the members of their Sambayanihan® Center seeing that everyone is benefitting to the vegetable garden, Nanay Florinda became more inspired in continuing the garden. She shared, "Makita ko lang na masayang umuwi ang aming ka-miyembro dahil sila mismo ang nakikinabang sa ani ng mga pananim sa paligid ng aming Sambayanihan® Center, ay lalo akong nai-inspire na magpatuloy sa Gawain. Iba ang kasiyahan kapag ikaw ay nakakatulong."

The benefits that the members enjoy from their vegetable garden drives them to move on despite the usual challenges in maintaining a backyard garden. The members are happy to do gardening together and enjoy sharing the fruit of their labor.



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



### GREEN THUMB TIPS

To avoid seed dormancy, store the seeds in a cool and dry place (e.a. such as refrigerator-chiller). It will help to achieve a 90%-95% seed germination.

(c) Urban Agriculture - Agricultural Training Institute

Urban Agriculture - Agricultural Training Institute

## GROWING SEEDS OF GOD'S WORD IN OUR HEARTS!

Ngunit ang mga binhing nahasik sa matabang lupa ay namunga; may tig-iisandaan, may tig-animnapu, at may tigtatatlumpu. Making ang may pandinig!" Mateo 13:8-9



# INTRODUCING BOK CHOI

Bok choy, also known as pak choy or pok choy, is a type of Chinese cabbage, that has smooth, wide, flat leaf blades at one end with the other end forming a cluster similar to that of celery. It may be eaten cooked or raw.

**Bok Choy** is high in nutrients and low in carbohydrates. As such, it is an excellent option when trying to eat healthier and, low-calorie foods.



### Bok Choy Nutritional Facts

• 1 cup raw bok choy = 1.5 grams of carbohydrates, 1 gram fiber and 9 calories

High in fiber, vitamin C, vitamin K, vitamin A, and beta-carotene. This wildly popular green is also an excellent source of folate, calcium, and vitamin B6. It is also considered both a cruciferous vegetable and a leafy green vegetable.

### Recipe: Garlic Bok Choy Recipe

Ingredients:

- garlic
- shallots
- bok choy
- soy sauce
- sesame oil
- crushed red pepper (optional)

If preferred a milder vegetable side dish, skip the crushed red pepper is recommended. Other fantastic additions would include crushed ginger, a splash of fish sauce, or a sweet chili dipping sauce.

How to cook bok choy

We want to keep our baby bok choy somewhat intact, so we first want to either halve or quarter each stalk (depending on the size of the bok choy) and wash it under cold running water.

Heat a large skillet or wok over medium-high heat and add the oil. Swirl to coat the entire surface of the pan. As soon as the oil is hot, add the garlic and the shallots, and sauté for 1-2 minutes, stirring continuously.

Add the bok choy, soy sauce, and sesame oil. Toss and cover. Cook for approximately 2 minutes before uncovering, tossing, and covering. Continue to cook the bok choy until white parts reach desired doneness (I have found that this varies from person to person as some people prefer crunchier bok choy, while others prefer a more well-done stir-fry).

Sprinkle with crushed red pepper, if using, and drizzle with additional sesame oil, if desired.

### Urban Gulayan Head Office Community Garden

#### Bok Choi Sales

**Planting Method:** Kratky Method-Hydroponics

**Planting Date:** June 25, 2022

**Harvest Date:** July 25, 2022

Seeing the benefit of planting and growing veggies, TSPI Head Office employees spear headed by APG with assistance of HR training group, Urban Gulayan, using Kratky Method hydroponics was set-up at TSPI Head Office last week of June 2022, planting Bok Choi ( 24 styro cups, with 24 seedlings given by DA-Bureau of Plant Industry).

After 4 weeks 19 trees of organically grown bok choy were ready for harvest. They were sold to some head office employees at P20 per tree in styro-cups where they are planted. Total sale was P480.00. Part of it was used to purchase new styro-cups for planting another batch of hydroponic-grown 24 seedlings of lettuce . In 4 weeks, 24 trees will again be ready for harvest!

# Sharing will Double Your Blessing

Nanay Myrna Canon, a TSPI Client-Agent from Las Piñas Branch, one of the winners on the first wave of Urban Gulayan awarding, continued her vegetable garden venture in her house since she had seen the value and benefit of planting your own vegetables to be consumed by your family. The challenges she kept on experiencing did not make her stop planting, instead, she sought a solution to her challenges.

One of the solutions she thought is to try hydroponics and instead of setting this up on the 2nd floor of her house, she made use of the vacant lot in front of her house. "Dati hirap akong makabuhay ng tanim kasi lagi itong kinakain ng mga insekto kapag ito ay sumisibol na, pero hindi ito naging dahilan para huminto ako sa pagtatanim nag-isip ako ng solusyon sa problema". Further, Nay Myrna says; "isa sa solusyon na naisip ko ay subukan ang hydroponics kasi parang interesting ang hydroponics kaya ito ay aking sinubukan, inilagay ko ito sa harap ng bahay naming, sa awa naman po ng Diyos ito ay tumubo". Another solution she did is making her vegetables healthy in an economical way, like using "tubig-ulan" and "hugas-bigas" in watering the vegetables, she also uses natural fertilizer to keep her vegetable garden healthy. Successful in her new venture, she shared her produce with her neighbors as her belief that by sharing what you have, God will double your blessings.



## HYDROPONICS CORNER THE PRIMARY DIFFERENCE BETWEEN HYDROPONICS AND AQUAPONICS



VS.



**Hydroponics** refers to growing plants without soil. Plants are grown in other medias such as water, gravel or sand. Nutrients are supplied through fertilizers added in the watering process.

**Aquaponics** is a Subset of Hydroponics. This means, plants are also grown without soil, primarily in water (hence the terms Aqua'ponics). It is a sustainable cycle, where nutrients are supplied from the by-products of fish, and the plants reciprocate the favor by filtering the water.

ECOPEANUT.COM

## ANNOUNCEMENTS

URBAN GULAYAN

**TAMANG PANGANGALAGA NG LUPA-HVC**

SEPT. 14, 2022  
3:00pm  
VIA ZOOM

- Paggamit ng organikong pataba
- Vermicasting
- Mulching

WEBINAR

SAMBAYONIHAN CENTER  
Urban Gulayan

**HARVEST FESTIVAL**  
SEPTEMBER 2022

### 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
- Maiolos Branch

#### 2. NCR

- Central Region**
- Corporate Center
  - Taguig Branch
  - Las Piñas Branch
  - Paranaque 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

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**Abangan ang Urban Gulayan sa inyong lugar!**

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### 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!**