

Urban Gulayan

NEWSLETTER

JANUARY 2023 ISSUE | SERIES #13

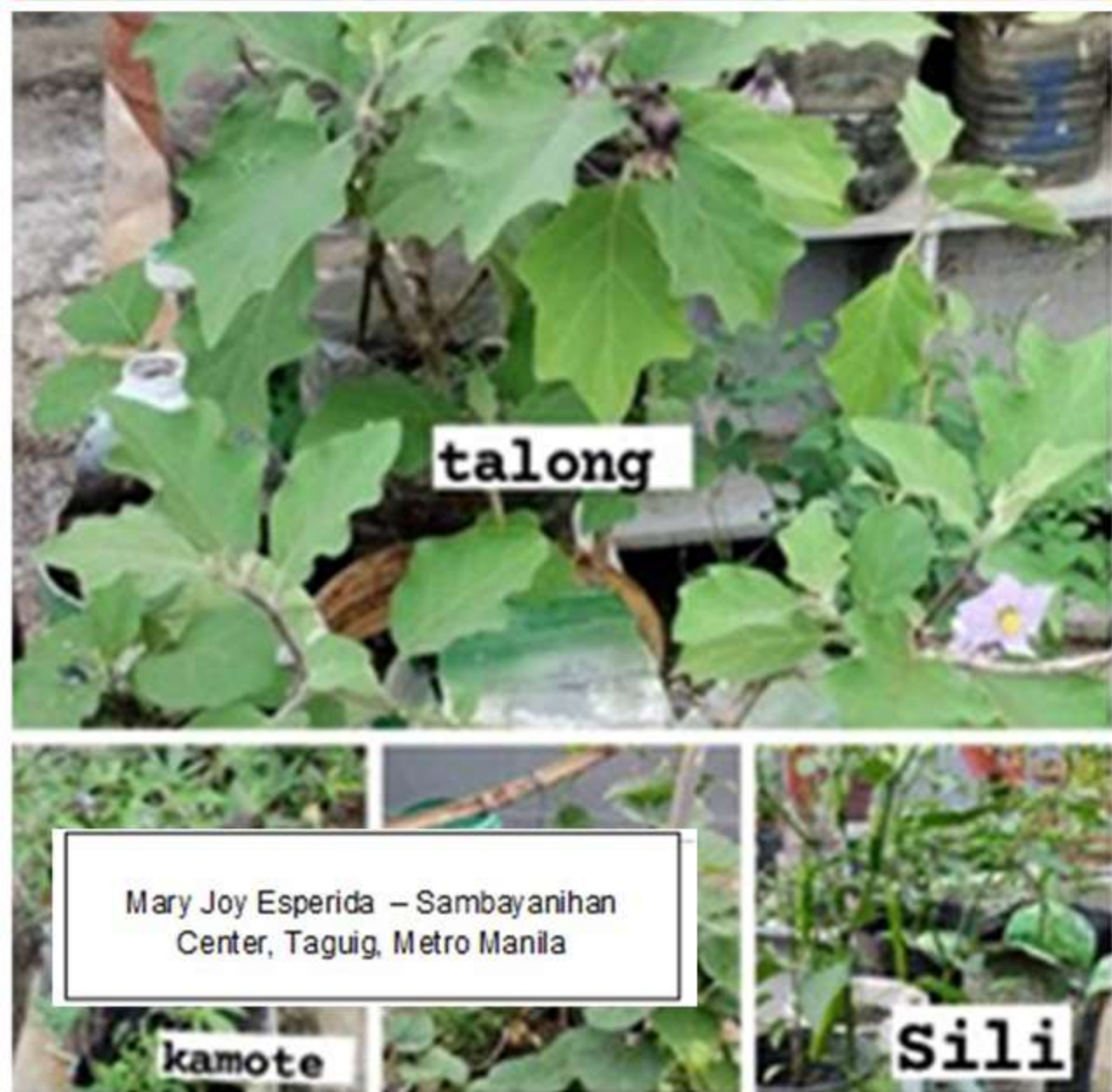
Urban Gulayan is a partnership program of TSPI with the Department of Agriculture - Bureau of Plant Industry (DA-BPI) and TSPI Mutual Benefit Associations, Inc. (TSPI-MBAI). It aims to promote household food security, particularly in urban areas. Clients and employees are encouraged to maximize free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

Expanding Urban Gulayan into Sambayanihan Gulayan: An Alternative Way for Food Sustainability in the Communities

by: Marilou C. Maurillo-Manager, TSPI APG

Nowadays, commodity prices are rising due to lack of supply and high demand. Poor people living in urban and peri-urban areas are the more challenged to make ends meet under this situation. The Department of Agriculture – Bureau of Plant Industry (DA-BPI) expanded their Ahon Lahat, Pagkain Sapat (ALPAS) Covid-19 program into Green Revolution 2.0 Program. It aims to implement immediate interventions for food production, availability, accessibility and affordability, especially at the barangay level.

With our Vision in TSPI to see people live Christ-centered lives with dignity, sufficiency, integrity and hope, we are encourage to also expand established our Urban Gulayan Program. It promotes household-level vegetable gardening among clients and employees. Currently, the program is being adopted by more and more Sambayanihan Centers in Metro Manila and in the provinces with support from TSPI branches.



We are grateful for the continues support of the DA-BPI through the supply of free vegetable seeds of various crops for the Sambayanihan Centers and free online training on growing vegetables. Our dream is to make the “Sambayanihan Gulayan” a sustainable source of nutritious food for the households and additional income as well as a means to share blessings (proudec crops) to other members of the community.



HEALTH BENEFIT

Source: Practical Health and Wellness Solutions;
Copyright © 2023 Practical Health and Wellness Solutions

Ampalya is one of the highly nutritious vegetables. It is used as the main ingredients in local recipes like pinakbet and dinengdeng. Though it tastes bitter, it has many vitamins (e.g. A & C) and minerals, folate and dietary fiber which is good for our body. Specifically, among its major health benefits are as follows:

- helps lower bad cholesterol levels and it aids in maintaining blood sugar.
- treats hangovers and is good for the liver.
- helps the dislocation of human fat cells and also limits the formation and growth of new fat cells, which helps in losing weight
- helps boost immune system and gives remedy to cough
- acts as an antioxidant that keeps skin in glowing
- heals wounds, slight burns and some skin diseases like eczema
- improves eye sight
- helps keep shiny and more manageable hair - Soaking the hair on ampalaya extract for a few minutes can improve hair texture, that makes it softer. With proper diet, applying ampalaya extract with apple cider vinegar can remove excess oil on the scalp and hair.

HYDROPONICS CORNER

Head Office Urban Community Garden (Pechay)
Planting Method: Kratky Hydroponics

Growing vegetables is always fun!
A batch of organic pechay, bokchoy and lettuce were harvested from TSPI Head Office Hydroponics Garden

Organic Vegetable Sales				
Particulars	No. of trees/ pack	No. of Packs	Unit Price (PHP)	Total Amount (PHP)
Regular size				
Lettuce	5	4	P40.00	P200.00
Bokchoy	1	1	P30.00	P 30.00
Pechay	3	3	P30.00	P 90.00
Extra Small size				
Lettuce	1	1	P20.00	P 20.00
Bokchoy	1			
Pechay	3			
Total	14 puno			P340.00
Less: Expenses				
Sponge (8 pcs)			P20.00/piece	P160.00
(Snap solution and cups are from current supply and seeds are free from DA-BPI)				
Net Income (to be used for needed planting materials)				P180.00



Abangan ang panibagong batch na tanim ng mga organikong gulay!

**Go Healthy!
Go Organic!**



GREEN THUMB TIPS

Ragdoll or paper towel method

BY VINA MEDENILLA, AGRICULTURE MAGAZINE JUNE 2021

For faster and uniform germination of Ampalaya seeds, a ragdoll or paper towel method can be used.



To do this:



(1) Soak the ampalaya seeds in water for 24 hours

(2) Put the seeds in a clean damp towel, cloth or paper towel.



(3) Wrap the cloth in plastic, then store this in a shady spot for three days.

(4) After 3 days the seeds will sprout, wait for 3 weeks or once the seedlings have 3 to 4 leaves before transplanting.

GROWING SEEDS OF GOD'S WORD IN OUR HEARTS!

“Manatili kayo sa akin at mananatili din ako sa inyo. Hindi magbubunga ang sangang hindi nananatili sa puno. Gayundin naman, hindi kayo magbubunga kung hindi kayo mananatili sa akin.” - Juan 15:4

MAGTANIM AY

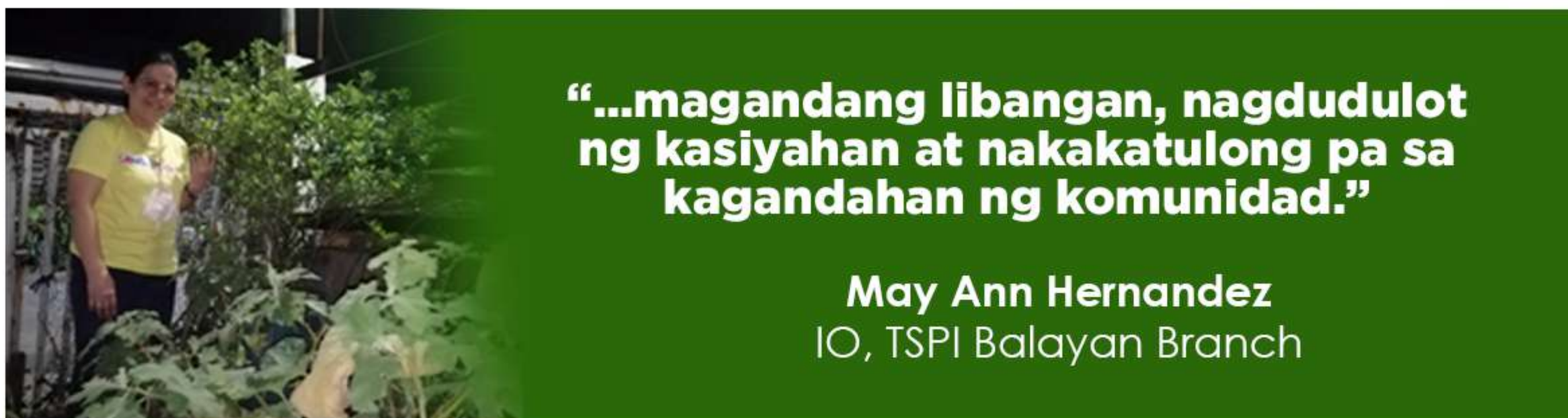
“Isang dedikasyon at kailangan mabigyan ng atensyon upang ito ay lumago, yumabong at mapakinabangan, at higit sa lahat ay tularan ng mga susunod na henerasyon.”

Benjie Rubio
SAO, TSPI Balayan Branch



“...magandang libangan, nagdudulot ng kasiyahan at nakakatulong pa sa kagandahan ng komunidad.”

May Ann Hernandez
IO, TSPI Balayan Branch





Ampalaya Atchara

Source: Today's Delight
Copyright © 2023 Practical Health and Wellness Solutions

- Ingredients:
- 2 medium size sliced (diagonal) Ampalaya
 - 1 head peeled garlic
 - 1 small red onion
 - 2 thumbs sliced ginger
 - 1 small carrot
 - 1 green bell pepper
 - 2 chili pepper o siling panigang
 - 4 cups sugar
 - 4 cups vinegar
 - 2 teaspoons salt

How to prepare:

Vegetable Mix:

1. Hiwain ang mga gulay maliban sa bawang at ilagay sa isang salaan.
2. Para mabawasan ang mapait na lasa ng ampalaya, magpakulo ng 6 cups of water at ibuhos sa hiniwang gulay.
3. After a few second, buhusan ng malamig na tubig at least 6 cups and slightly mix the vegetables
4. Air dry vegetables for few hours. While waiting, prepare the atchara syrup.
5. At least 4 of 450 ml sterilized bottles, arrange the cleaned and dry mix vegetables evenly and pour syrup until it covers the vegetables.
6. Tightly sealed the bottle then refrigerate. After a week ampalaya atchara is ready to serve.

Atchara Syrup:

1. In a pot, combine vinegar, sugar, and salt.
2. Once the sugar is dissolved turn off the heat.
3. Set aside to completely cool down. This can prepare the night before to avoid time consuming in the preparations.

Ampalaya Atchara Business: Costing

Expenses:	
Ingredients	Cost
1 onion	P10.00
1 garlic	P8.00
2 medium size ampalaya	P50.00
2 thumbs ginger	P5.00
1 small carrot	P10.00
1 green Bell Pepper	P10.00
2 siling panigang	P5.00
2 cups vinegar	P18.00
4 cups of sugar	P90.00
4 small container bottles (250ml)	P184.00
Total Expenses	P 390.00
Expenses/ bottle	P 97.50
Sales	
Number of Atsara bottles produced (250ml)	4
Selling price / bottle:	P150
Total Sales	P 600.00
Net Income	P 210.00

Ang pagpapatubo ng Ampalaya or Bitter Gourd sa loob ng bahay

Source: Agriculture Magazine by: Vina Medenilla, 2021

Ampalaya (bitter gourd or bitter melon) is scientifically known as (Momordica charantia) which can be grown throughout the year. The best way to grow ampalaya is to consider the location. It must have access to direct sunlight or for an indoor garden, temperature must at least be 27°C for at least 6 hours a day. Ampalaya plants usually creep at least 6-foot-tall and trellis is necessary for the vines to crawl. Moreover, pruning is advisable by removing the tip of the vine along with the closest branches. The vine produces the ampalaya fruit, which is known for a variety of dishes and side dishes like atsarang ampalaya. Ampalaya leaves is considered as traditional medicine.

Paaano magtanim ng ampalaya:

1. Ibabad sa malinis na tubig ang buto ng ampalaya sa loob ng isang araw. Pagkatapos, tanggalin sa tubig at ilagay ito sa malinis na cotton cloth at ibalot ng plastic. Ilagay sa isang shaded na lugar sa loob ng tatlong araw. Ito ay makakatulong sa pagkabiya ng mga buto at mabilis na germination.
2. Sa paghahanda ng lupa, maaring gumamit ng vermicast, compost at rice hull. Ito ay organiko at matabang lupa tulad ng potting or garden soil.
3. Pagkalipas ng tatlong araw, tingnan ang buto kung may lumalabas na kulay puti. At maari itong itanim sa isang polybag sa loob ng tatlong lingo.
4. Kung walang lumalabas na kulay puti sa binabad na buto, marahil nasira ito at hindi na tutubo.
5. Pagkalipas ng dalawa hanggang tatlong lingo maari na itong ilipat sa isang malaking lalagyan na may lalim na 15-23 inches. Ilagay ito sa lugar ng inyong bahay na may sapat na liwanag (at least 6 to 8 hours sunlight at maari din maglagay ng led light)
6. Pagkatapos ng tatlong lingo, simulang mailipat ang tanim. Maglagay ng pataba at least 100gms at diligan pagkatapos lagyan ng pataba.
7. Makalipas ang dalawang lingo matapos mailipat ang tanim, maglagay ng balag (trellis) na pag-gagapangan ng ampalaya
8. Sa ikalawang buwan ng pagtatanim ito ay magsisimula nang mamulaklak. Maaari itong lagyan ng foliar fertilizer para ito ay mamulaklak ng maayos.
9. Kapag lumabas na ang bunga ng ampalaya, maari itong balutin ng papel o newspaper para maiwasan ang mga insekto.
10. Makalipas ang dalawa hanggang tatlong buwan pagkatapos mailipat ang tanim, inaasahan na itong mamunga. Maaari na itong anihin kapag ang bunga ay makintab na ang pagka-berde at may bigat na di lalayo sa 200 grams.

Passing on the Passion for Planting to Younger Generation

Contributor: Fe Dela Virgo-TKP Client, GOA Branch

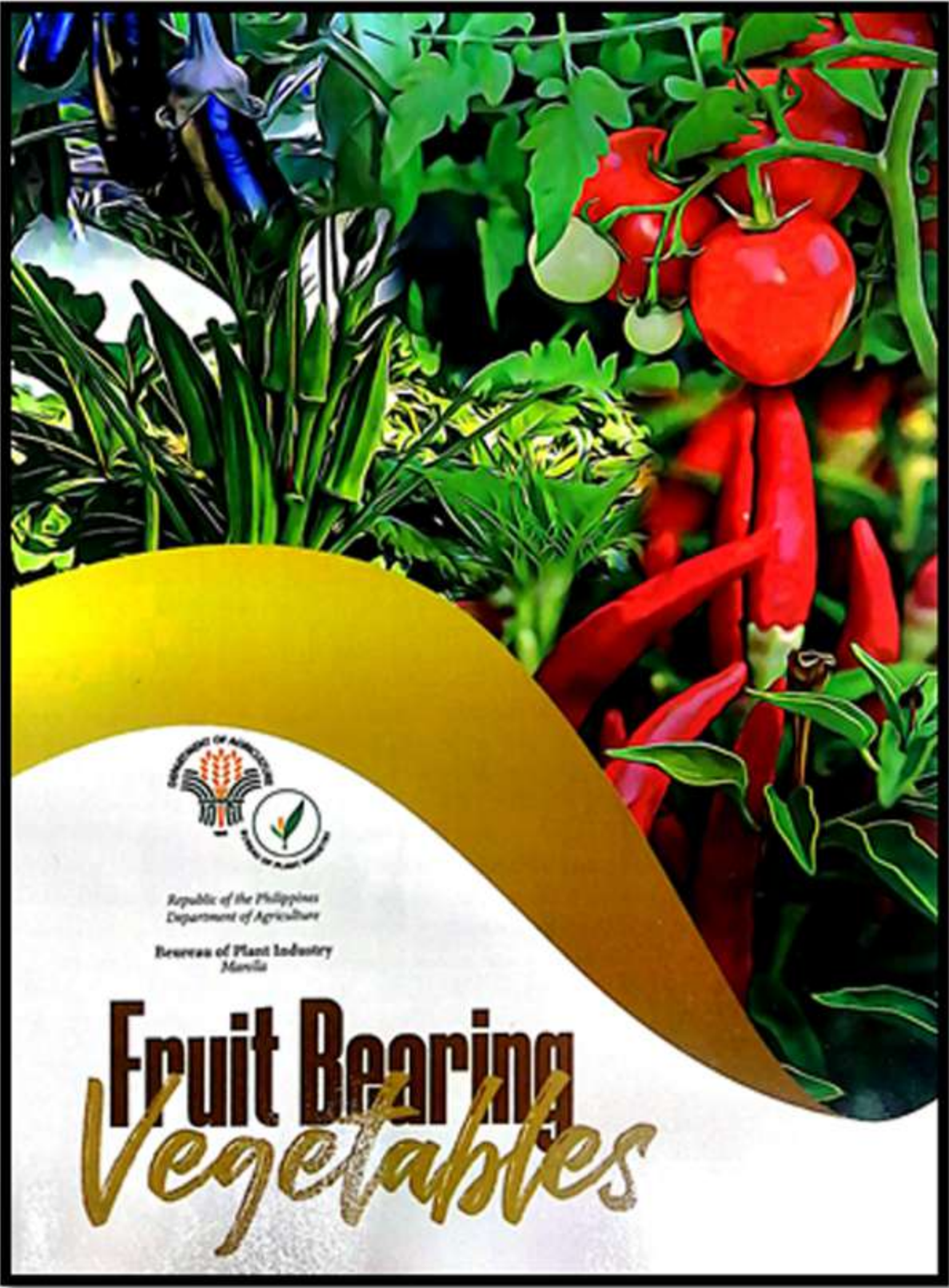


Nanay Fe, a TKP client from TSPI Goa Branch grew up in a family of farmers. She started as a small farmer. She was encouraged by her father to pursue farming since it is their family's main source living. At her very young age, she experienced to be involved in post-harvest business opportunity. She became familiar with traders who come in their area every harvest season. This was stilled in her mind such that when an opportunity came after graduating from high school, she began her buy-and-sell business on high-value crops like eggplant and tomatoes.

Nanay Fe has entrepreneurial instinct. She saw that the demand for HVC is high but the supply is low. To fill in the gap, she started growing her own vegetables starting in her own backyard. Soon enough, she expanded and rented farmland, which she pays every five (5) months. As farming in a small parcel of land becomes her source of income to be able to send her children to school, she is eager to pass on her passion to her children, just how her father planted in her the passion to become a farmer.

To be able to make her children understand how farming sustained their living during her childhood years and how it helps sustain their daily living now, she maintains a vegetable garden in her backyard. With high hopes that her children will also love vegetable gardening, she involves in growing tomatoes, eggplant, pepper and other crops for their own consumption. As a family they enjoy the fruit of their labor!

ANNOUNCEMENT



via Zoom
February 2, 2023- 3:00PM
*link to be announced

- **Guide in Growing Fruit Bearing Vegetables**
- **Simple Pest Control Techniques**
- **How to Compute Estimated Harvest**
- **Proper Harvesting of Vegetables**

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
- Las Piñas Community Garden
- Head Office Community Garden
- Parañaque City Community Garden

27 Sambayanihan Centers from North to South Regions participated in Urban Gulayan

CONTRIBUTORS:

Marilou Maurillo - Program Manager, APG/HO
Fe dela Virgo - TKP client, GOA Branch
Benjie Rubio - SAO, Balayan Branch
Mary Ann Hernandez - IO, Balayan Branch

Green Thumb source:

Agriculture Magazine by Vina Medenilla, June 2021

Source:

www.practicalhealthandwellnesssolutions.com
www.todaysdelight.com
www.agriculturemagazine.com

PRODUCTION TEAM:

TSPI Alliance & Program Group

Writer: Marilou Maurillo

Writer/Editor: Aquilina Onesa

Proofreader: Ellen Apolinario

Lay-out Artist: Kazuyoshi Sanada



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!