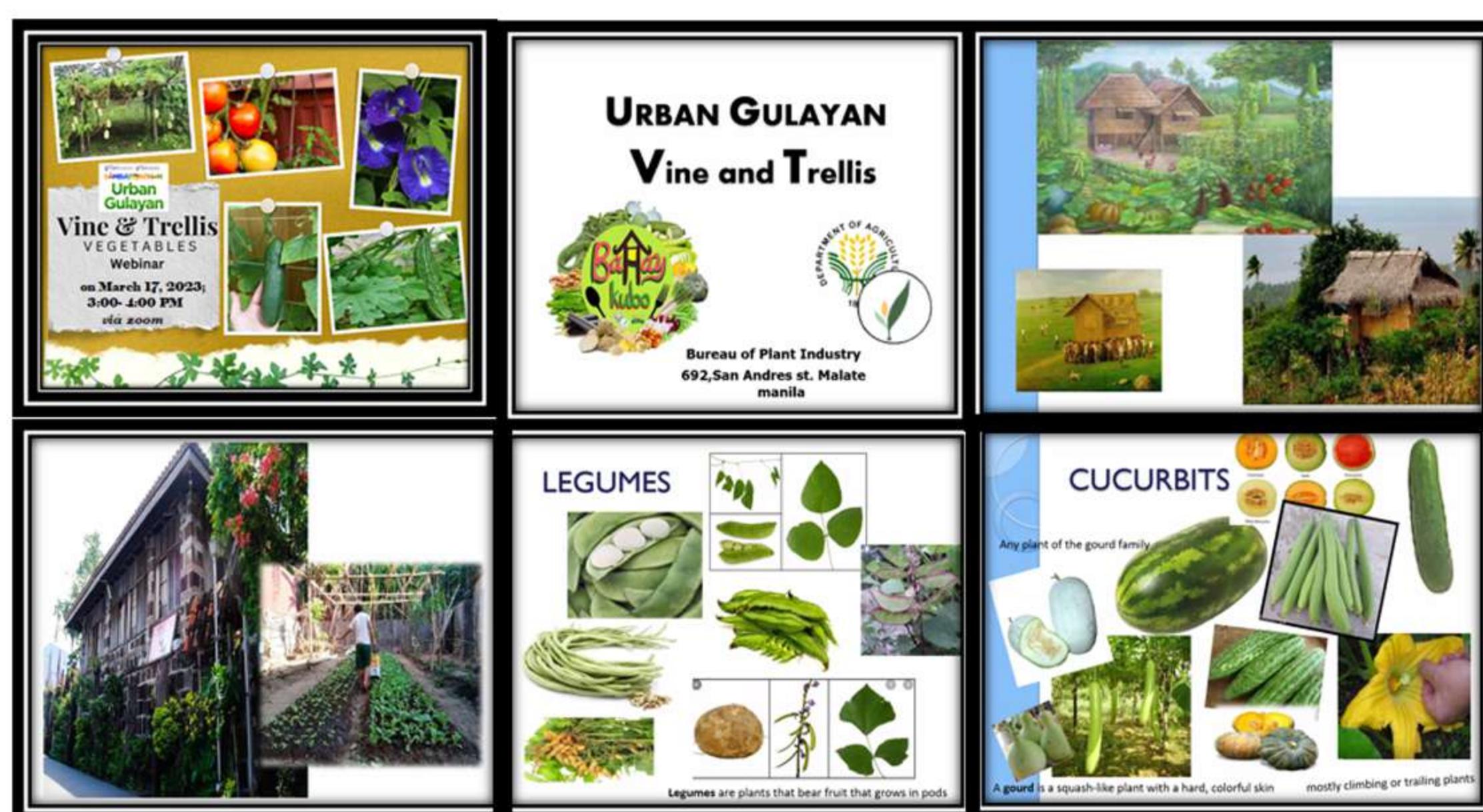


Urban Gūlāyan NEWSLETTER

MARCH 2023 ISSUE | SERIES # 15

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.



Vines & Trellis Vegetables Webinar Highlights

Webinar speaker: Ernie Lito Bellosa- Agriculturist II, DA-Bureau of Plant Industry
by: Marilou C. Maurillo-Manager, APG-HO

"Household food security is a priority and sustainable agriculture and food safety are major concerns worldwide," said Mr. Ernie 'Lito' Bellosa, Agriculturist II of DA-Bureau of Plant Industry (DA-BPI). He is the guest speaker in the Urban Gulayan monthly webinar held on March 17, 2023. During the webinar, he discussed the different types of vines and trellis, which include the following:

- How to grow the vine and trellis vegetables?
- Things needed in growing the legumes and cucurbits family such as cucumber, squash and others
- Lifespan of vine vegetables
- Proper harvesting of vine vegetables

Mr. Bellosa discussed the different types of vegetables - flower, tuber, root, bulb, stem, fruit, pod and seed vegetables. Different groups of vegetables are also part of the discussion – starchy vegetables, red & orange vegetables, beans & peas vegetables, dark green vegetables.

One of the important highlights of the webinar is on seed germination:

- How to choose seeds with a high germination rate?
- How to germinate your own seeds?
- How to dry and store seeds properly?

He also gave some tips on how to make your own organic fertilizer to save on expenses in plant management since the setting is in Urban and Peri-Urban areas. He also defined common insects that attack plants and how to prevent them, which was the most interesting part discussion with high audience participation.

The webinar ended up by encouraging participants to check Mr. Bellosa's YouTube channel where he provides more tips and ideas for growing vegetable gardens and farming in limited space or in a farmland setting.



GREEN THUMB TIPS

Ano ang "Kiib" (mulching)?

Ang kiib ay ang pagtatakip sa lupa gamit ang ilang materyales (mulch) tulad ng tuyong dahon sa paligid ng iyong mga halaman o pananim. Ang mulch o kiib ay nakakatulong para mapanatili ang moisture ng lupa lalo na sa panahon ng tag-init.



1. Organic

- nakakatulong kontrolin ang pagpapanatili ng moisture ng lupa
- nakakatulong napapabuti nito ang quality ng lupa

Mga Halimbawa: Compost; Damo; Dyaryo; Pira-pirasong dahon; Pira-pirasong kahoy



2. Inorganic

- nakakatulong mapanatili ang moisture ng lupa
- nakakatulong harangan ang mga tumutubong damo
- hindi nakakatulong sa pagyabong ng lupa sapagkat hindi ito nabubulok
- kailangang palitan nang madalas katulad ng mga organikong kiib

Mga Halimbawa: Itim na Plastik; Landscape Fabric; Bato o Graba

GROWING SEEDS OF GOD'S WORD IN OUR HEARTS!

"Hindi kayo ang pumili sa akin, ako ang pumili sa inyo. Hinirang ko kayo upang kayo'y humayo at magbunga at manatili ang inyong bunga. Sa gayon, ang anumang hingin ninyo sa Ama sa aking pangalan, ay ibibigay niya sa inyo."

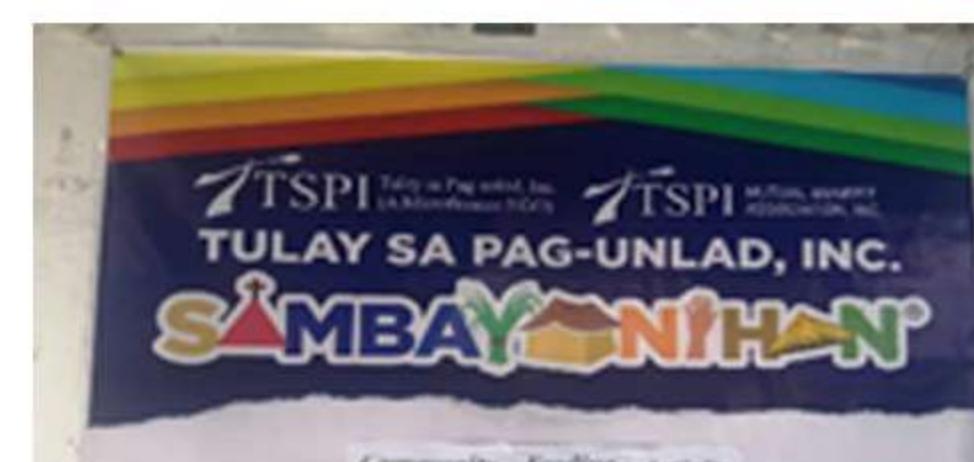
Juan 15:16

SAMBAYANIHAN CENTER CORNER



Bringing Good News to Needy

On February 16, 2023, the second Sambayanihan Feeding Activity was held in Payatas, Quezon City under TSPI Quezon City Branch. The participants were a combination of invited clients/members of TSPI and other community members residing near the Sambayanihan Center and their children. There was an orientation about the TSPI programs and services. "Urban Gulayan" is one of the TSPI programs that was highlighted.



History shows that Payatas was previously agricultural land (rice field), hence there is a high chance that vegetables will grow well in the area. The Urban Gulayan Program of TSPI in partnership with TSPI-MBAI and BPI was introduced. Free seeds were distributed to 40 participants who are interested to be part of the Program. The 40 participants are expected to start their seed germination after orientation and to harvest their planted vegetables to be harvested. For the leafy vegetables expected harvest will be a month after seed germination while the fruit-bearing vegetables expected to be harvested 3 months after. Further, the nanays who engaged will be monitored by TSPI Quezon City and Taguig branches with the help of Sambayanihan Centers near their area.



TSPI Sambayanihan Center – Urban Gulayan Program Orientation during feeding program in Payatas Sambayanihan Center under TSPI Quezon City Branch.

MAGTANIM AY



"...nagbibigay ng magandang kulay sa kapaligiran. Ito rin ang nagiging tulay ng kaunlaran sa buhay ng mamamayan."

Febe Ross
Account Officer, TSPI Tayug Branch

"....ating ugaliin, nang tayo ay may anihin, para magkaroon ng kasapatan sa pagkain, para sa pamilya natin."

Joanna Belleza
Account Office, TSPI Pili Branch



**Ingredients:**

- Upo (1 pc approx. 1 kilo)
- Sugar (1/4 kilo) -for cooking
- Sugar (1/8 kilo) - for garnishing
- Baking soda (2 teaspoons)
- Dahon ng pandan (1 leaf)
- pinch of salt (to balance the taste)

Upo Candy Business Costing:

Sales	
Price per tub (P50 x 3)	P 150.00
Cost of Ingredients	
Upo (1 kg)	P 25.00
Sugar 1 tasa	P 22.00
Baking Soda(2 teaspoons)	P 2.00
Sesame seeds (pinch)	P 2.00
Asin (pinch)	P 1.00
Packaging	
Small tub (P5 x 5)	P 25.00
Total Expenses:	P 77.00
Net Income	P 73.00
Return on cost: 48.66%	

Upo Candy

Source: www.mixedters.com

How to prepare:

1. Hugasan ang upo
2. Hatiin ito sa 4 na parte
3. Hiwain ito ng maliliit
4. Ibabad ang hiniwang upo sa tubig na hinaluan ng baking soda ng 24 hours
5. Pakuluan ito ng 3 to 5 minutes; lagyan ng pandan para pampabango
6. Pagkatapos pakuluan ay salain (set aside)
7. Magpakulo ng 1 tasa ng tubig, ihalo at 3 / 4 tasa ng asukal hangang sa ito ay lumapot
8. Kapag malapot na ang asukal ilagay ang upo, haluin ito ng sampung minuto
9. Paminsan- minsan ay haluin para hindi masunog
10. Ipagulong sa 1 / 4 tasa ng asukal ang minatamis na upo
11. Ibudbod ang sesame seeds sa ibabaw ng Upo Candy

**Biyayang Bigay ng Diyos Dapat Pagyamanin**

Contributor: Rhocelyn Agamao – Branch Manager, TSPI Paniqui Branch

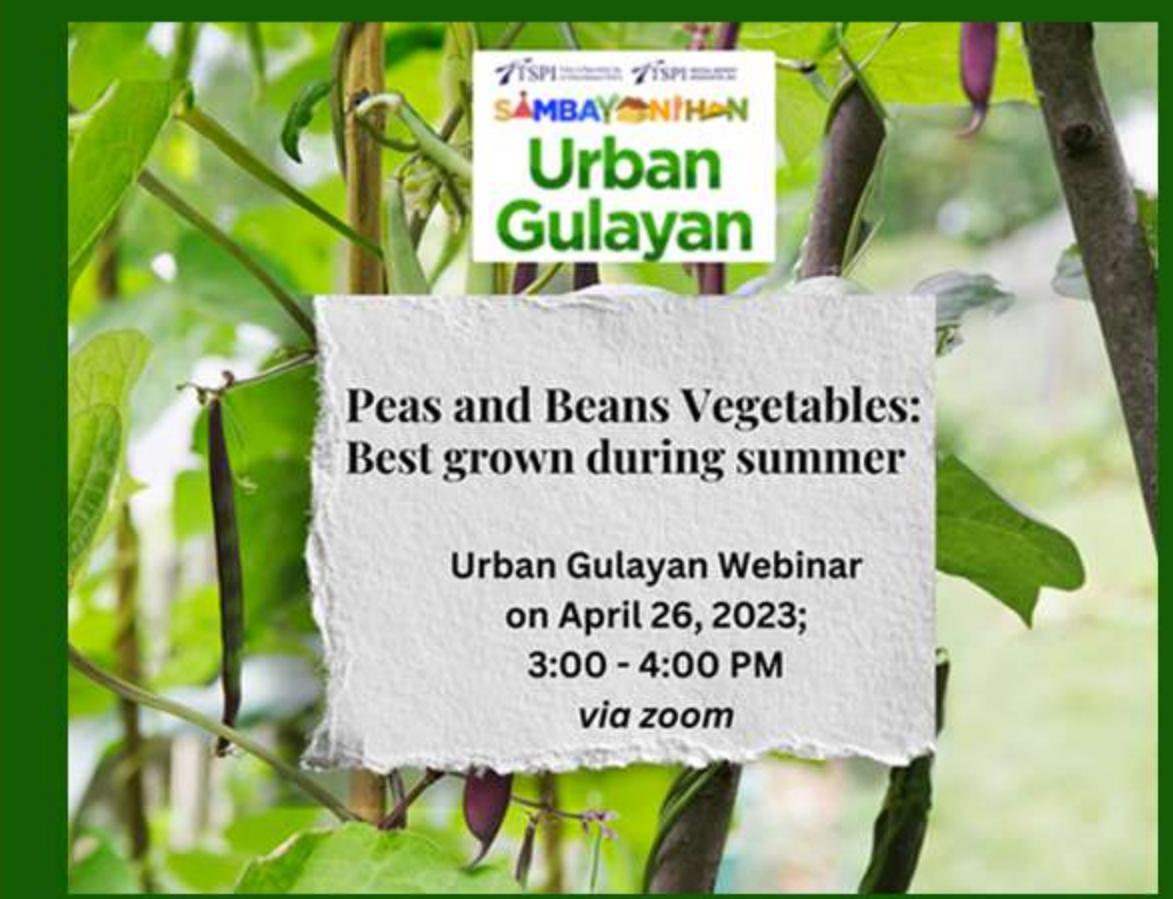
"Nagka-interest akong mag tanim ng gulay ng magsimula ang Urban Gulayan project ng TSPI Paniqui Branch noong August 2022. Ang libreng seeds na aming natanggap ay aming itinanim sa mga gamit na sako," panimulang kwento ni Rhocelyn. Ang Urban Gulayan project ay nagbigay sa kanya ng inspirasyon para magtanim din ng gulay sa bakuran ng kanilang bahay. Sa umpsa, siya ay nagtanim ng kamatis, sili, kamote, talong. Di nagtagal nagtanim na din sya ng ampalaya, upo, bataw, kalabasa, saging, papaya at kalamansi.

Ang isa pang naging inspirasyon ni Rhocelyn sa pagtatanim ay ang benepisyong dulot nito, gaya ng siguradong ligtas na gulay ang maihahain sa pamilya at nakakatulong din ito na makabawas sa gastusin sa bahay.

Sa pagpapatuloy ng kuwento ni Rhocelyn, sinabi nya na "kung ang mga taga-Manila na wala lupang mapagtaniman ay nagagawang magkaroon ng gulayan kahit sa mallit na espasyo, mas lalo dapat nila itong kayanin sa probinsiya na binyayaan ng malawak ang lupain na hindi nagagamit." Nabanggit nya rin na bukod sa nagagamit nila ang malawak na espasyo sa pagtatanim ng gulay, ito rin ay nakakatulong sa kalikasan sa pag-recycle ng mga gamit na bote, sako at iba pa. Nakakatulong din itong makapagbigay ng silungan at sariwang hangin sa kapaligiran, mabawasan ang gastusin sa bahay at magbigay kasiguruhan na ang pagkaing kakainin ng kanyang pamilya ay walang kemikal.

Sa pagnana niyang maranasan din ng iba ang benepisyong dulot nito, gaya ng siguradong ligtas na gulay ang maihahain sa pamilya at nakakatulong din ito na makabawas sa gastusin sa bahay.

Sa pagwawakas ng kanyang pagkukwento tungkol sa kanyang bagong nasimulan gulayan ibinahagi nya na nagkaroon siya ng realisasyon na dapat pagyamanin ang anumang biyayang ibinrigay ng Diyos gaya ng kakayahang (talento) at yaman (lupa) na dapat ibahagi sa ibang nangangailangan. "Dati ganyan kami hihingi na lang sa kapitbahay, ngayon sila na ang nanghihingi sa amin. Salamat sa Urban Gulayan dahil naitama nito ang maling pananaw namin".

**ANNOUNCEMENTS****Monthly Urban Gulayan Webinar:**

Peas and Beans Vegetables Best Grown during summer

TSPI Sambayanihan Center with Urban Gulayan: Harvest Festival

TSPI Sambayanihan Center with Urban Gulayan, sama-samang pagtatanim (February-April, 2023) para sa paghahanda sa Harvest Festival na gagaganap sa June 2023!

TSPI Sambayanihan Centers with "Sambayanihan Gulayan"**North 1 Sector Branches**

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

North 2 Sector Branches

- Pinili
- Batac
- Cabugao
- Vigan
- Magsingal
- Narvacan
- Agoo

North Central 1 Sector Branches

- Gerona
- Moncada
- 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
- Calatagan (2)
- Saraya
- Tayabas (3)
- Mulanay
- Alimonan
- Tagkawayan
- Unisan
- Lucena 1
- Catanauan
- 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 (Bacoor)

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:

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Febe Ross - Account Officer, TSPI Tayug Branch
Joanna Belleza - Account Officer, TSPI Pili Branch
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MAY KWENTONG GULAYAN KA BA?

Be an Urban Gulayan contributor/writer!
Interested? email your story to Malou (mcebalobo@tsphi.org),
or send it to FB messenger (Marilou CE)

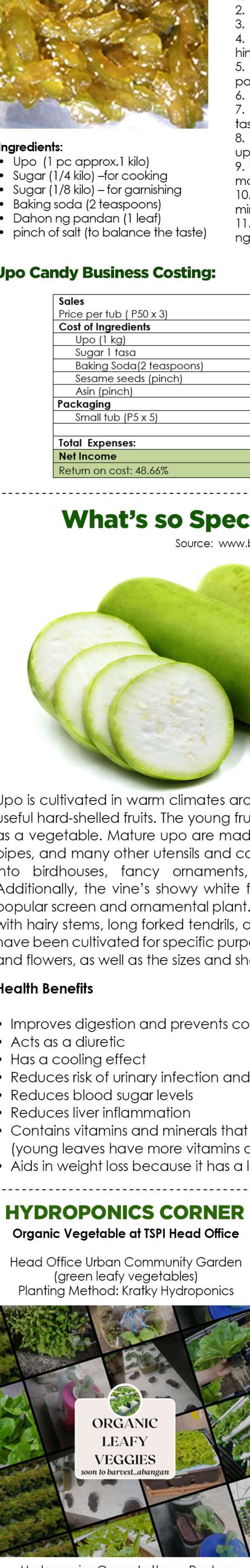
BE HEALTHY!

Abangan ang Urban Gulayan sa inyong lugar!

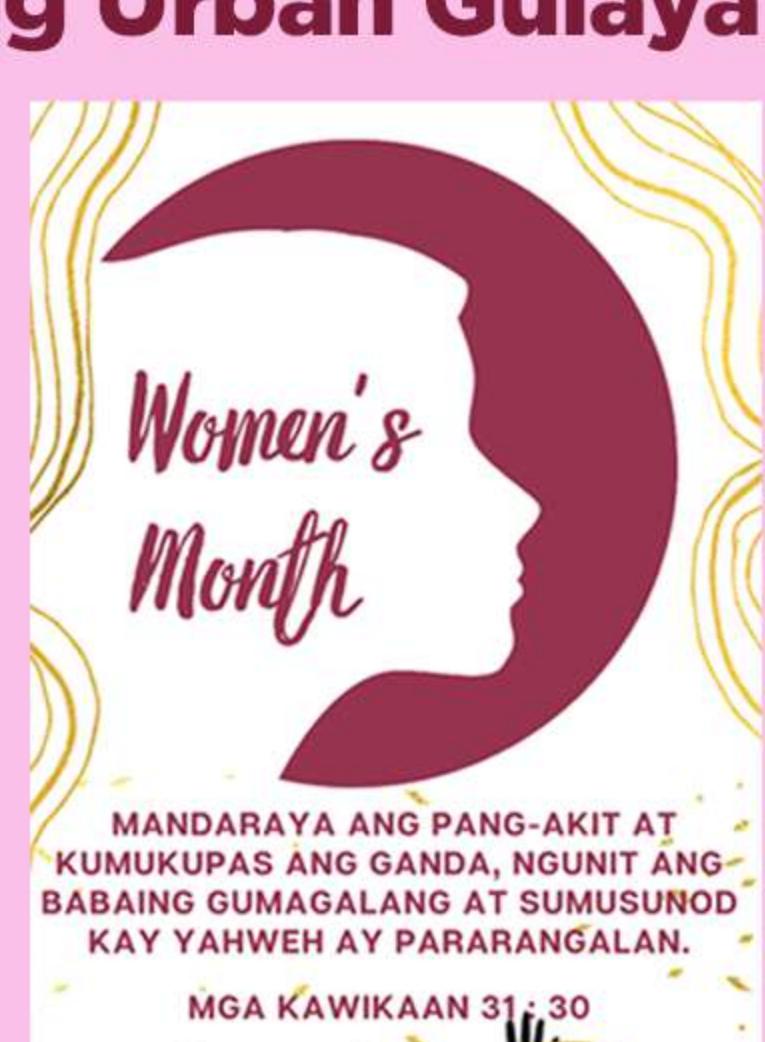
HYDROPONICS CORNER**Organic Vegetable at TSPI Head Office**

Head Office Urban Community Garden (green leafy vegetables)

Planting Method: Kratky Hydroponics



Pagbati sa mga masisipag na mga kababaihan ng Urban Gulayan!



Nawa'y lalo pang maging
mabunga ang lahat ng inyong
ginagawa at kayo'y laging
maging daluyan ng pagpapala.

Hydroponics Crops: Lettuce, Pechay
(Harvest date: 4th week of March 2023)
Vertical Garden Crop: Sweet Corn
(Harvest date: May 2023)