

Urban Gulayan

NEWSLETTER

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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



"...pahalagahan upang kaginhawahan ay makamtam"

Remedies Pena
TSPI Client | Pili Branch



"...nagbibigay kasiyahan, nakakatulong sa seguridad ng pagkain at kasiguraduhan na malinis at organikong pagkain para sa pamilya."

Amelia Ventura
Urban Gulayan participants (Quezon City Branch prospecting client)










PLANTING CALENDAR

Estado ng Buhay Hindi Sukatan sa Pagtulong sa Kapwa

Elenita Agustin, client -Solano Branch

Elenita Agustin is a member of Alfonso Castaneda Vegetables Growers Association ALCAVEGA Farmer group under TSPI Farmer Entrepreneurship Program (FEP) in partnership with Jollibee Group Foundation (JGF). Nanay Elenita is fond of planting. She grows ornamental, leafy vegetables and fruit-bearing trees. She grew up in the province of Nueva Vizcaya from a farming household. Her deep love for farming shows around her backyard with her vegetables and fruit-bearing trees providing for her family's consumption. Her love for plants became her hobby for several reasons. Planting gives her happiness and peace of mind. It also helps her save money since she does not have to buy vegetables in the market. Furthermore, it is important for her to be sure that the vegetables she is feeding her family have no chemical content and 100% organic.

During the height of the pandemic, her being God-fearing led her to share what she calls "yamang-lupa" not only with her neighbors but to her entire community. "Hindi kami mayaman. Kung tutuusin ay sapat lamang ang aming kita sa sakahan para sa aming pamilya. Pero dahil sa kabutihan ng Diyos sa aming pamilya, naging katuwang namin Sya para mapagtapos ang aming mga anak sa pag-aaral. Kapag meron mga kapitbahay kaming nangangailangan kami ay tumutulong sa pagbibigay ng aming mga aning gulay. Kami rin ay nag-do-donate ng mga gulay sa aming barangay para maipamigay sa aming mga kababayan na nangangailangan. Naniniwala ako na kung anuman ang aming tinatamasa sa ngayon ay biyaya ito ng Diyos na dapat i-share sa mga nangangailangan". Truly, Nanay Elenita's action shows love and compassion. Her son Zaldy, ALCAVEGA President, shared her mother's compassion for others. As a seasoned farmer, Zaldy is active in teaching technical farming through innovation for free to other farmers within their barangay. As the sayings goes, "kung ano ang puno and siya ring bunga".

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

GROWING SEEDS OF GOD'S WORD IN OUR HEARTS!

Ibinibigay ko rin sa inyo ang lahat ng uri ng halamang nagkakabinhi at mga bungang kahoy bilang pagkain ninyo. Ang lahat ng halamang luntian ay ibinibigay ko naman sa lahat ng hayop sa ibabaw ng lupa at sa lahat ng mga ibon." At ito nga ang nangyari.

Lettuce Wrap Chicken Tacos

Recipe by Cooked.com



Ingredients:

- Lettuce
- Chicken breast
- Onion
- Tomato
- Avocado
- Olive oil
- Balsamic Vinegar
- Honey
- Salt and pepper

Procedure:

1. Grill the chicken breast, cut into strips, set aside
2. Mix all the liquid ingredients together, set aside
3. Arrange all ingredients to lettuce tacos
4. Pour in the sauce

Best served as an appetizer to a party or family gathering!

Healthy Soil, Healthy Plants

Written by: Yen Apolinario - TCCS Officer

As an Urban Gulayan enthusiast, it is vital to determine the appropriate soil to use in our garden considering that a proper management of soil nutrients is beneficial to plant's growth. With proper care, plants will propagate within a month to three. Good management of soil will support the macro and micronutrients that helps plant achieve its full potential. The practical way to establish good soil management is to identify the crops to plant, the stages of crops, and the type of soil that is appropriate for the type of plant to grow.



Part of soil care is avoiding a continuous application of chemicals and practicing multi-cropping. Doing these will result in low plant yield. Instead, the use of organic fertilizer is recommended especially in urban gulayan settings. Multi-cropping is recommended to avoid the propagation of pests in your vegetable garden.

HYDROPONICS CORNER



Introduction

Purple Lettuce

is a bonafide lettuce cultivar which shares with the more common green lettuce in the botanical name *Lactuca sativa*, it resembles the romaine lettuce excepts in its tips which have a purple tinge, this variety belongs to the Daisy family.

Source: plantvillage.psu.edu

Health and Nutritional Benefit of Purple Lettuce

- ✓ High in nutrients but low in calories
- ✓ Very hydrating, purple lettuce is 96% water
- ✓ Loaded in powerful antioxidant
- ✓ May keep your heart healthy
- ✓ Excellent source of Vitamin A
- ✓ Packed with Vitamin K
- ✓ May help lower blood pressure
- ✓ May promote weight lost.

Source: healthline.com

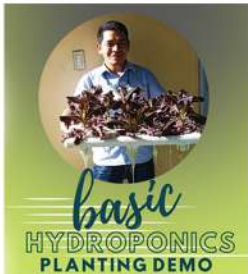


ABANGAN!



Sambayanihan Center Urban Gulayan sama-samang pagtatanim (2nd batch, October, 2022) para sa paghahanda sa Harvest Festival na gaganapin sa Disyembre, 2022

ANNOUNCEMENTS



Hydroponics Kratky Method using SNAP Solution

- ✓ Easy to manage
- ✓ Space saver
- ✓ Organic
- ✓ Economical
- ✓ Easy to learn

To all HO employees, a face-to-face demonstration on how to set up a KRATKY Hydroponics will be held on October 19, 2022, around 4:30 PM, interested employees will be requested to bring their own container and will be requested to message Malou or Yen (FB Messenger ID: Marilou CE, Yen-Yen)

Note: Snap solution, styro-cup, and foam will be provided. The venue will be at the TSPi 2nd-floor Training Unit veranda.



P70/ pack (4 to 5 puno / pack)

*HYDROPONICS *ORGANIC Purple Lettuce

Urban Gulayan TSPi Head Office Community Garden

Planting Date: 3rd week of August, 2022
Planting Method: Kratky Method-Hydroponics
Sales Date: September 22, 2022

After Bokchoi, purple lettuce was planted in hydroponics boxes. Transplanted about 3rd week of August and was harvested last September 22, 2022. A total of 1.5 kilos (6 packs of 250g) sold to HO personnel.

Total sales: P420.

Part of the sales was used to buy garden inputs (solution and foam) and marketing needs (packaging, plastic).

...next vegetables to be planted – pechay, currently in seed germination stage

GREEN THUMB TIPS

Alternatibong Pamamaraan ng Soil Testing upang malaman ang physical Hydrogen (pH)

by Mr. Rey Marl Ross, Licensed Agriculturist, DA R4A (APCO Rizal)

DIY SOIL TEST

Your soil is acidic if...



Your soil is alkaline if...



Ang physical Hydrogen (pH) ay indikasyon ng soil acidity o alkalinity, ito ay linatawag ng soil reaksyon.

- Pangunahing suklat ng pH : 0 to 14
- Soil pH na mababa sa 7.0 ito ay acidic
- Soil pH na mababa sa 7.0 ito ay alkaline

Para malaman natin ang kondisyon ng lupang gagamitin, maari nating gawin ang mga sumusunod:

1. Pamamaraan ng pagsukat ng acidity ng lupa.

Mga kakailanganin:

- 1 kutsara ng soil (galling sa pagtataniman ng gulay)
- 3-4 kutsarang suka.
- Malilit na baso / garapon

Paggawa:

- Kumuha ng isang kutsarang lupa galing sa pagtataniman ng gulay.
- Ilagay ang lupa sa isang baso o garapon.
- Ibuhos ang 3-4 na kutsarang suka sa baso.
- Maghintay ng 30 seconds – 1 minute kung ito ay bubula.

Paalala : Mahalaga na mas marami ang sukang gagamitin kaysa sa lupa.

Resulta:

- Pakatapos ng ilang segundo, makikita natin kung ito ay bumubula o hindi.
- Kapag bumula ang soil test, ibig sabihin ang lupa ay acidic; o mas mababa sa neutral na pH 7. Kapag hindi naman bumula ibig sabihin ito ay pasok sa neutral pH.

Rekomendasyon:

Kapag acidic ang naging resulta sa soil testing, maari tayong maglagay ng organic matter tulad ng mga chicken manure o pinagbalatan ng gulay o prutas. Ito ay nakakatulong para dumami ang mga bulate na magiging sanhi nang pagbubuhag ng ating lupa sa paso.

2. Pamamaraan ng pagkuha ang alkalinity ng lupa.

Mga kakailanganin:

- 1 kutsarang lupa galing sa pagtataniman ng gulay.
- 4-5 kutsarang tubig
- 1 kutsara baking soda
- Malilit na baso o garapon

Paggawa:

- kumuha ng isang kutsarang lupa sa inyong pasong pagtataniman ng gulay.
- Ilagay ang lupa sa isang baso o garapon.
- I-dekute ang baking soda sa tubig
- Ibuhos ang pinaghalong baking soda at tubig sa lupa.
- Maghintay ng 30 segundo hangang isang minuto antayin kung ito ay bubula.

Paalala : Mahalaga na mas madami ang diluted baking soda at tubig na gagamitin pkaysa lupa.

Resulta:

- Pakatapos ng ilang segundo, makikita natin kung ito ay bubula o hindi.
- Kapag ito ay bumula ibig sabihin na ang lupang nasa pasong pagtataniman ng gulay ay alkaline o mas mataas sa neutral na pH 7. Kapag hindi naman bumula ibig sabihin ito ay pasok sa neutral soil pH.

Rekomendasyon:

Kapag alkaline ang naging resulta sa soil testing, maari tayong maglagay ng organic matter tulad ng mga chicken manure o ang mga pinagbalatan ng gulay o prutas. Ito ay nakakatulong para dumami ang mga bulate na magiging sanhi nang pagbubuhag ng ating lupa sa pasong.

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

- Siliwang Branch
- Sta Maria Branch
- Las Pinas Branch
- Baliuag Branch
- Balagtas Branch
- Malolos Branch

2. NCR

- Central Region**
- Corporate Center
 - Taguig Branch
 - Las Pinas Branch
 - Paranaque Branch
 - Tondo Branch
 - Valenzuela Branch
 - Malabon Branch
 - Antipolo Branch

3. URBAN GULAYAN COMMUNITIES:

- **North 1:** SC under San Carlos, Umangan, Malasiqui Branches
- **North 2:** SC under Batac, Pinili and Cabugao Branches
- **North Central:** Gerona, Moncada, San Jose, Tarlac, Cabanatuan, Santiago, Tuguegarao, Talavera, San Fernando, Gumboa, Capas and Paniqui Branches
- **South 1:** SC under Candelaria, Calauag, Saraya, Tayabas, Mulanay, Alimanan, Tagkawayan at Unsan Branches
- **South 2:** SC under Naga, San Fernando, Calabanga, Pili, Nabua, Palangui and Legaspi Branches
- **South Central:** SC Under Indang, Balayan, Nagcarlan Branches
- **Central:** SC under Quezon city, Antipolo, Taguig, Baliuag, Las Pinas, Bacoor, Paranaque, Corporate Center branches

CONTRIBUTORS:

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- Benita Agustin, Client, Solano Branch
- Remedios Peñas, Client, Pili Branch
- Amelia Ventura, Urban Gulayan Advocate client, Quezon City Branch

Abangan ang Urban Gulayan sa inyong lugar!

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MAY KWENTON 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!