

Urban Gulayan

NEWSLETTER

NOVEMBER 2022 ISSUE | SERIES #011

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.

IS GARDENING GOOD FOR YOUR HEALTH?
Find out in this webinar brought to you by MediCard

HOME ORGANIC GARDENING AS LIFESTYLE INTERVENTION AND OBESITY PREVENTION

Resource Speaker:
Prof. Vernie Compas

- Advocate Organic and Urban Farming, Healthy Food, Food Security and the environment
- Founder, Kalinga Organic Farming Movement (KOFM) and The Urban Farming Movement
- Author: "My Organic Garden: Creating an Affordable Urban Organic Garden", "Organic Shrimp" and "Urban Garden"
- Visiting Speaker on BPH and Population and Development United Nations Population Fund (UNFPA) in Manila, Turkey, Rome, Latin, and Thailand
- Professor and Director Asia Pacific (Olivier College and Seminary)
- Visiting Professor Capatzen College in Hongkong and Manila

November 15, 2022 (Tue) 5:00PM

MediCard
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A Webinar on Home Organic Gardening as Lifestyle Intervention and Obesity Prevention

Source: Prof. Vernie Compas

In the recent health and wellness webinar conducted by MediCard, for TSPI, Prof. Vernie Compas discussed an alternative way in dealing with obesity that is affordable and sustainable. He talked about obesity prevention through lifestyle intervention and engaging in home organic vegetable gardening. Below are the highlights of the Webinar:

- Obesity is one of the global challenges today; 30% of the global population is overweight or obese. If it will not be taken seriously, obesity has a big social impact worldwide because it affects the world's health care system. It may lead to a global crisis - the worst epidemic since obesity can cause deadly diseases like type 2 diabetes, hypertension and cancer, among others. The World Health Organization (WHO) calls on everyone to work together to take action in preventing obesity. The root causes of obesity must be addressed to create happier, longer and healthier lives. Having a healthy lifestyle and addressing the food crisis at the same time can reduce the health crisis. Our government is supporting food sustainability program, especially in the urban and peri-urban areas, which introduced urban agriculture such as Home Organic Vegetable Gardening.

- One type of vegetable gardening that is easy to maintain and fits the urban and peri-urban setting is Container or pot gardening. Setting up this type of vegetable garden is very affordable. The cost may range from P500 (if there are other garden materials available) to P1,500 only.

- Aside from addressing the food crisis, home organic gardening is an effective lifestyle intervention and obesity prevention. It has the following health benefits:

- relieves stress and increases wellness
- helps combat loneliness
- decreased dementia risk
- mood-boosting benefits
- improves health
- contributes to beautification inside and outside your house
- creates a good environment in the home;
- provides home and community interactions
- makes one holistically healthy
- exposure to vitamin D
- enjoyable aerobic exercise
- saves money on groceries

Let us be part of the solution and prevention of obesity as a growing global pandemic. Be part of food sufficiency, food production, healthy lifestyle and greening the city!



Planting Calendar

Vegetables/Crops	Time of Planting	Plant Population per hectare (ha)	Maturity	Volume of Production (tons/ha)	Distance of Planting	
					Row (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
Batay	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

Urban Agriculture - Agricultural Training Institute

MAGTANIM AY

"...di biro, ngunit pagkaing sapat naman ang pangako."

Ms. Vanessa San Juan
Branch Manager - TSPI Goa Branch

"...may dalang ginawa at masaganang ani para sa hapag ng aking Pamilya."

Ms. Angelene Alcantara
Account Officer, TSPI Bayambang Branch

GROWING SEEDS OF GOD'S WORD IN OUR HEARTS!

"Ako ang puno ng ubas at kayo ang mga sanga. Ang nananatili sa akin, at ako sa kanya, ang siyang nagbubunga nang sagana, sapagkat wala kayong magagawa kung kayo'y hiwalay sa akin."

John 15:5

Ginataang Papaya na may Sardinas

Source: Kusina Natin



Ingredients:

1 small size (500g) of Green Papaya chopped
1 lata (155g) Sardinas
1 cup dahon ng Malunggay
1 cup gata ng Niroyog
1 cup water
1/2 head Bawang minced
25g luya hiwain ng strips
1 head Sibuyas chopped
Tanglad
Ground black pepper
Asin at seasoning
Mantika
3 piraso Sili (optional)

Cooking Instruction:

1. Maglagay ng mantika para sa paggisa
2. Igisa ang bawang, sibuyas, luya at paminta hanggang maging kulay golden brown ang bawang at maging transparent ang kulay ng sibuyas
3. Ihalo ang isang latang sardinas at haluin ito
4. Isunod na ilagay ang hinirwang papaya, haluin ito
5. Sunod na ilagay ang tanglad
6. Ilagay na din ang asin at seasoning
7. Ilagay ang 1 cup na tubig para sa sabaw nito
8. Takpan ito hanggang sa kumulo
9. Sumunod na ilagay ang fresh na gata ng niyog
10. Haluin ito ng mabuti
11. Isunod na ilagay ang dahon ng Malunggay, haluin, takpan hanggang maluto
12. Ihain habang mainit, lagyan ng sili sa ibabaw bilang dressing.



MR. HERBERT HINOJOSA AT HIS HOME GARDEN

An Urban Gulayan Farmer by Heart!

TSPI Urban Gulayan Project aims to promote food sustainability to TSPI employees and clients. It aims to provide source of healthy and affordable food. Papaya is a good example. It is a healthy fruit. It is flavorful, rich in vitamins A & C, high in fiber and rich in antioxidants. Papaya is a common backyard fruit tree. It is easy and practical to grow with low-cost inputs.

Herbert Hinojosa, TSPI Sr. Technical Support Analyst has two papaya trees in his backyard, which produces 8 fruits per tree per cycle of 11 months. Since his papaya trees regularly bear fruits, he took the opportunity to also make it a source of additional income for the family. For three years now, Mr. Hinojosa has been selling atchara. Aside from fruit-bearing trees, he has also grown ampalaya and other leafy vegetables such as pechay and mustasa using seed beds and hydroponics method.

Even during the height of pandemic, he was able to maintain his vegetable garden. "Noong panahon ng COVID, nagkaroon ako ng oras upang magtatanim ng gulay para sa aking pamilya". His family enjoyed the benefit of having their own vegetable garden. Aside from access to free vegetables and fruits, he is also sure that his family is eating healthy food because he is not using harmful pesticides in his garden. Like other gardeners, he also experienced some challenges, such as lack of garden materials, poorly secured space against pests, and low seed germination rate. But the experienced challenges did not hinder him in pursuing his interest in engaging with Urban Gulayan. To enhance his knowledge in vegetable gardening, he watches online garden training videos, does research for specific crops he wanted to grow and participates in the TSPI Urban Gulayan onsite and online webinars. He says "Noong ako ay baguhan lamang sa pagtatanim ng mga gulay, hindi ko nakukuha ang tamang paraan o sikreto sa pagtatanim. Kahit na may pagkakataon na hindi nagtutuloy ang aking mga tanim hindi ako huminto. Itinuloy ko lang kahit may mga balakid. Patuloy akong nag-aaral upang maging matagumpay sa larangan ng pagtatanim ng gulay." With his passion and determination, Mr. Hinojosa can achieve his dream for a self-sustaining vegetable garden. He is one of TSPI's Urban Gulayan Champion!

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SPECIAL FEATURE

Ang Masustansyang Papaya

Papaya is a soft tropical fruit with a yellowish-orange color. This species of fruit — which belongs to the Caricaceae family — is round and plump and comes in larger and smaller sizes.

Its taste depends on whether you're eating ripe or unripe papaya. When ripe, papaya is sweet and has a flavor. Unripe papaya, on the other hand, may have little to no flavor and uses as an ingredient in cooking vegetable soups like tinola, etc.

Health Benefits

- May help reduce the risk of Alzheimer's disease
- Helps protect against certain cancer
- Boost the immune system
- Protects heart
- Aids in lowering blood sugar
- Helps protect eyes
- Improves digestion

Per 150g size of Papaya	Daily Value in grams/mg	% Daily Value
Fiber	2.7 g	10%
Calcium	31 mg	2%
Magnesium	33 mg	8%
Potassium	286 mg	6.08%
Zinc	0.13 mg	1.2%
Vitamin C	95.6 mg	106.2%
Folate		14.5%
Vitamin A		30%
Vitamin E	0.47 mg	2.4%
Vitamin K		3.4%

References:

All About Papaya: Nutrition, Health Benefits, how to Use It, August 2022. Retrieved from All About Papaya: Nutrition, Health Benefits, How to Use It | Everyday Health

HYDROPONICS BUSINESS CORNER



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

Growing vegetables is always fun!
The batch of organic pechay was harvested from TSPI Head Office Hydroponics Garden:

Date planted: October 28, 2022
Date Harvested: November 29, 2022
Number of Styro box (with 8 holes only): 3

Total Harvest:

Organic Pechay Sales			
No. of pechay per pack	No. of Packs	Price / Pack	Total Amount
2 puno	10 packs	40.00	P400.00
3 puno	2	40	P80.00
Total Sales			P480.00
UG Sales for Remittance:			
Oct 25 Net Income P 287.00			
Nov 29 Sales P 480.00			
Total amount to be remitted to Ms. Vicki : P 767.00			

ABANGAN!



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



- Guide in Growing Fruit Bearing Vegetables
- Pest Control
- Sample Harvest Computation
- Harvesting

GREEN THUMB TIPS

In areas where water is chlorinated, do not pour the water directly to the plant. Chlorine can hamper the growth of the plant. Let it sit overnight before using this to water the plant.



chlorinated water from faucet



sited chlorinated water

Source: Prof. Vernie Compas

TSPI URBAN GULAYAN CURRENTLY COVERED AREA:

1. REGION 3

North Central 18
- Capan Branch
- Palayan Branch
- Cabanatuan Branch
- Apoll Branch
- San Fernando
- Pangasinan Branch

Central Region

- SJRM Branch
- Sta. Maria Branch
- Balag Branch
- Balag Branch
- Malolos Branch

2. NCR

Central Region
- Corporate Center
- Taguig Branch
- Las Pinas Branch
- Parang Branch
- Iloilo Branch
- Valenzuela Branch
- Malabon Branch
- Antipolo Branch

3. URBAN GULAYAN COMMUNITIES:

- Bacoar Community Garden
- Taguig Community Garden
- Las Pinas Community Garden
- Quizon City Community Garden

CONTRIBUTORS:

Prof. Vernie Compas - Advocate of Organic & Urban Farming
Herbert Hinojosa - Sr. Tech Support Analyst/TSPI HO
Vanessa San Juan - RM Goa Branch
Angeline Alcantara - AO Bayambang Branch

References:

Agricultural Training Institute (ATI)
All About Papaya.
<https://www.everydayhealth.com/diet-nutrition/diet/papaya-nutrition-benefits-riks-how-eat-more/>

Professor Vernie Compas - Speaker,
Medicaid <https://prof.verniecompas.com/Xbved?zhltKtwj&ccnnc7ANWATcAlqMDyWQ8ccDcgqID8AF&dw=1366&blt=587&dp=1>

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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 (Mariou CE)

BE HEALTHY!