



Urban Gulayan NEWSLETTER

DECEMBER 2022 ISSUE | SERIES #12

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.



Pasasalamat sa Benepisyo ng Urban Gulayan

(Compilation of the Newsletters released from January to November 2022)
by: Marilou Cordavilla Maulilo - Program Manager, AFG

I remember, the Urban Gulayan program started during the height of the COVID-19 Pandemic when food movement from provinces to Metro Manila is hard. We are thankful for the Ayuda but households must also do their part for more sustainable ways to meet their needs. The government also launches a timely program on food security in the urban areas thru the DA-Bureau of Plant Industry (DA-BPI). It is called Ahan Lahat Paagkang Sapat Kontra sa COVID-19 Program (ALPAS COVID-19 Program). It is very much aligned with the aim of TSPi to support and help the clients thru during the pandemic. Hence, in partnership with DA-BPI and TSPi Mutual Benefit Associations, Inc. (TSPi MBAI), the "TSPi URBAN GULAYAN PROGRAM" was launched in December 2020, initially covering 9 TSPi branches in the Metro Manila.

TSPi Urban Gulayan Program assisted the clients, branch and head office employees, and selected communities by providing free seeds from DA-BPI subsidized organic fertilizer and series of webinars on urban agriculture – growing vegetables in limited spaces. While the Urban Gulayan was initially intended for urban areas, it is now adopted by the branches in the provinces thru the TSPi Sambayanhan Centers. To share and spread the Urban Gulayan stories and encourage other clients and employees to grow vegetables, Urban Gulayan Newsletter was born in January this year. The monthly issue captures the highlights of the Urban Gulayan activities and stories of urban gulayan farmers, vegetable gardening tips and vegetable-based recipes. The heart-warming stories of how growing vegetables in the backyard or in whatever space available have benefited the households, inspire us to keep going and make every effort to sustain the program. Stories about easy access to safe and nutritious vegetables, savings from household food expenses, being able to share produce to others, earnings from selling harvested vegetable, family bonding and stress relief through vegetable gardening indeed prove that we are doing the right thing and that it is worth all our efforts. We thank God for that!

As we move to 2023, we are excited to take a leap and level up our Urban Gulayan Program. Kaya, Tara nal Mag-Sambayanhan Gulayan nal

GROWING SEEDS OF GOD'S WORD IN OUR HEARTS!

	Branches with Garden	Community Garden	Sambayanhan Centers with Gulayan	Client Households	Total
Participants	12	4	27	46	89
Estimated Total Harvests (in vegetables)	237 kilos	562 kilos	27 kilos	330 kilos	1,161 kilos
a. Consumed by Household	45 kilos	52 kilos	1 kilo	176 kilos	294 kilos
b. Shared to others	83 kilos	23 kilos	6 kilos	58 kilos	171 kilos
c. Sold to others	110 kilos	482 kilos	20 kilos	84 kilos	696 kilos
d. Sales Amount	P4,920.00	P12,225.00	P1,750.00	P5,968	P24,862

Planting Calendar

Vegetables/Crops	Time of Planting	Plant Population per hectare (No.)	Maturity	Volume of Production (Metric Tons)	Yield (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	9-10 (green beans)	10	80
Cucumber	May-July 2019-2021	44,444	50-65 DAP	10-15	80	100
Eggplant	All-season	33,333	90-120 DAP	9-11	75	100
Batay	All-season	12,500	75-90 DAP	10,000-13,000	80	100
Kangkang	All-season	333,333	30-50 DAP	10-12	15	20
Lettuce	All-season	160,000	30-45 DAP	9-10	25	25

Source: Agriculture - Agricultural Training Institute

MAGTANIM AY

"...nagbigay ng positibong PANANAW sa AMI ng positibong RESULTA ng may NGITI sa LABI."

Ms. Dia Zagala
Area Manager | South 1 Region

"...nagbigay ng ngiting kay saya-saya na may hangog na luntiang pag-asa sa buong Pamilya."

Ms. Yen Apolinario
TSPi AFG/TCO's Officer | Head Office

"Sa magkabilang pampang ng ilog ay lubo ang sarisaring punongkahoy na makatimang pang-bunga. Hindi malalanta ang mga dahon nilo ni manawalan ng buong pagkakatili ang diha-daha ay ang ilog na umabog mula sa templo ila ay pahulay na mamumunga sa buong taon. Ang bunga nilo ay pagkain, at gamot naman ang mga dahon." - Ezekiel 47:12

SAMBAYONIHAN

Appetizer Potato Salad

by: Marilou Cordavilla Maulilo



Ingredients:
Potatoes – 2 potatoes (cut into thin strings)
Bell pepper (optional) – 1 pc.
Spring onions – 3 pcs (minced)
Pepper com - pinch
Sesame oil (2 tablespoons)
Sesame seeds (optional)
1 teaspoon
Soy sauce (2-3 table spoons)
Dried chili (red) - 2 pcs (minced)
Sugar (2 tablespoons)
Ice – bucket full

Method:
1. Boil 2 cups of water, once boiling drench/soak the potatoes for 2 minutes
2. After 2 minutes remove the potatoes from the heat and let it sit to the ice cubes, set it aside
3. Mix bell pepper, sesame oil, soy sauce, dried chili, and sugar
4. Remove potatoes from ice cubes and cut into thin slices
5. Mix ingredients and toss together
6. Sprinkle the spring onions and sesame seeds before serving

Serving: good for 2-3 people

Note: Best served together with any fried or grilled viand

SPECIAL FEATURE



POTATO

https://www.hello-nature.com

Potato (*Solanum tuberosum*) is an herbaceous perennial plant in the family Solanaceae, which is grown for its starchy edible tubers. The potato plant has a branched stem and alternately arranged leaves consisting of leaflets which are both of unequal size and shape.

Health Benefit
https://www.healthline.com

1. Packed with nutrients: calories, fats, protein, carbs, fiber, Vit.C, Vit B6, potassium, magnesium, manganese, phosphorus, niacin, pantoic
2. Contains Anti-oxidant
3. May improve blood sugar control
4. May improve digestive health
5. Naturally Gluten-Free
6. Incredibly Filling
7. Extremely Versatile

CHRISTMAS GREETINGS



ABANGAN!

via Zoom
January 20, 2023
Friday | 3:00 PM

link to be announced

1. Guide in Growing Fruit Bearing Vegetables
2. Pest Control
3. Sample Harvest Computation
4. Harvesting



Urban Gulayan Newsletter



Urban Gulayan sa Sambayanhan Center

Contributor: Roy Marcos, Client, TSPi Paniqui Branch

"Bago lumamang ang Bagyong Paeng sa aming lugar, kami ay nakakainip ng pananim sa aming Sambayanhan Center," said Talay Roy, member of TSPi-5658 Pabalan Center of TSPi Paniqui Branch. He is the appointed lead farmer of the Urban Gulayan sa Sambayanhan Center in his area. His wife and four nieces (also members of TRP program) are helping him in maintaining the vegetable garden. Their first cycle of planting vegetables was not a success due super typhoon Paeng. Their vegetable plants which were already on flowering stage all died, so they decided to replant. With extra care and close monitoring of the group, the second cycle was a success. This month, they were able to harvest about a total of 17 kilos of mixed vegetables. "Mabigay nangalamat namin sa Urban Gulayan program ng TSPi kasi nakakailang sa amin ang aming ani at noi-share pa namin sa aming mga ka-centro (22 members)", happily shared by Talay Roy. They are more excited to continue and maintain their vegetable garden in the Sambayanhan Center despite the challenges. Talay Roy is encouraging other Sambayanhan Centers to try planting vegetables because aside from the benefits from the harvest, gardening also brings them joy and makes their group closer and work together.

Vegetables	Harvest
Strow	7 kilos
Talong	5 kilos
Kamote	2 kilo
Siling Habla	1 kilo
Chil Talawan	1 kilo

Planting Date: 2nd week of October
Harvest Date: 1st week & 2nd week of December

GREEN THUMB TIPS

How to grow indoor potatoes

Reference: https://www.gardenguides.com

- STEP 1: Cut the side of the potato
- STEP 2: Potatoes with 4 toothpicks poked
- STEP 3: Submerge the cut part to water
- STEP 4: Plant root side down

To grow potatoes indoors, purchase seed potatoes, and cut each cleaned potato in half widthwise. Then poke 4 toothpicks around the top of the potato, and submerge the cut side of the potato in a full glass of water so the toothpicks are resting around the rim. Leave the potato in the sun until it begins to sprout roots, and then plant the sprouted potatoes root-side down in a container of loamy soil. Keep the soil moist and leave the container in the sun. When the leaves begin to turn yellow, harvest the potatoes!

TSPi URBAN GULAYAN CURRENTLY COVERED AREAS:

1. REGION 3

- North Central 18
- Central Branch
- Paniqui Branch
- Cabanatuan Branch
- Apul branch
- San Fernando
- Paniqui Branch

2. NCR

- Central Region
- Calatagan Branch
- Las Piñas Branch
- Las Piñas Branch
- Makiling Branch
- Katibuhay Branch
- Makiling Branch
- Makiling Branch
- Alibon Branch

3. URBAN GULAYAN COMMUNITIES:

- Rosario Community Garden
- Las Piñas Community Garden
- Head Office Community Garden
- Paniqui City Community Garden
- 12 Sambayanhan Centers from South 1 to South Region participating in Urban Gulayan

CONTRIBUTORS:

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All

Source:
www.healthline.com
www.hello-nature.com
www.gardenguides.com
www.itsnotjustaroot.com

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MAY KWENTONG GULAYAN KA SAP

Be an Urban Gulayan contributor/writer!
Interested? email your story to: Molou (mce@alibonbpi.org), or send it to FB messenger (Marilou CD)

BE HEALTHY!