

# Urban Gulayan

## NEWSLETTER

FEBRUARY 2023 ISSUE | SERIES #14

**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.

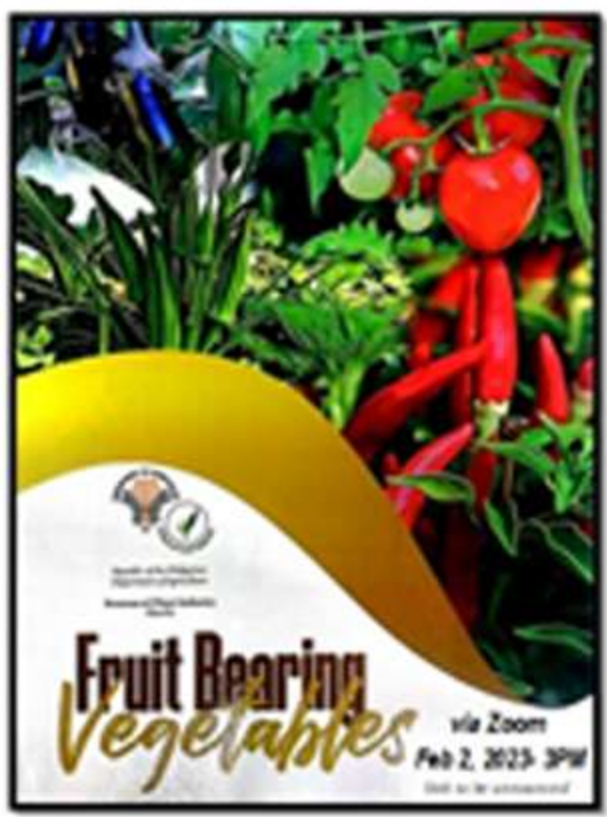


Photo credits to Ms. Catherine Quilantang, Agricultural Technician in LGU Bayambang, Pangasinan

### Fruit Bearing Vegetables

by: Marilou C. Maurillo-Manager, APG-HO (Webinar speaker: Catherine Quilantang - Agricultural Technician, LGU Bayambang Pangasinan)

The monthly Urban Gulayan webinar was held last February 2, 2023. Ms. Catherine Quilantang, Agricultural Technician of Bayambang Pangasinan LGU was invited as speaker. She talked about Fruit Bearing Vegetables, which includes topics on:

- Recommended fruit bearing vegetables
- Site evaluation and plant management
- "Select and defend" pest management approach

Ms. Quilantang recommended some high-value and high-yielding fruit-bearing vegetables that can also be planted in Urban and Peri-Urban settings. She named them as the "pinakbet series vegetables" like tomato, okra, eggplant and siling taiwan. Part of her discussion was the things to consider in planting fruit bearing vegetables:

1. Plant Right - consider the planting calendar of the vegetables to plant. Vegetables planted during its planting calendar will have a high yield when monitored properly.
2. Water Wise - water management is important in monitoring and maintaining a garden. The right time to water the plant should be observed.
3. Accessibility - inputs needed in planting vegetables must be easily available.
4. Soil Smart - know and choose the right soil for the plant or the right plant for the available soil
5. Utilities/ Tools - properly wash and keep tools after use
6. Grow-up - monitor plant closely especially during flowering and growing stage where fertilizer should be applied.
7. Have fun - enjoy the process of maintaining the garden. This is an important factor.

In closing, Ms. Quilantang stressed that environmental factors (soil, topography, accessibility and climate) and non-environmental factors (utilities, zoning and labor) are things to consider in choosing a site for a vegetable garden. She also mentioned that the lot size should not be a hindrance. There are a lot of ways in setting up a garden in limited space. Lastly, she said that the good side of planting your own vegetables is that you are assured that the food you serve to your family has no chemical content and is safe to eat.



### GREEN THUMB TIPS

#### Selection of High Value Crops Quality Seeds

SOURCE: PHILIPPINE RICE RESEARCH AS CITED IN TSPI USAPANG AGRICULTURA GAMIT ANG RESPONSABLENG PAGSASAKA, EPEKTIBONG PAMAMARAAN AT EKSPERTONG TEKNOLOHIYA (USAPANG A.G.R.E.E.)



#### Mga benepisyo kapag mataas ang kalidad ng binhing itatanim na gulay:

1. Mataas ang resistensiya sa sakit at peste.
2. Halos pare-parehas ang laki ng pagsibol.
3. Sulit ang panahon sa pagtatanim at pag-aani.
4. Maaring madagdagan 10-12 % ang aanihin.

### GROWING SEEDS OF GOD'S WORD IN OUR HEARTS!

From: Rowin Azurias - TSPI Training Supervisor, Head Office

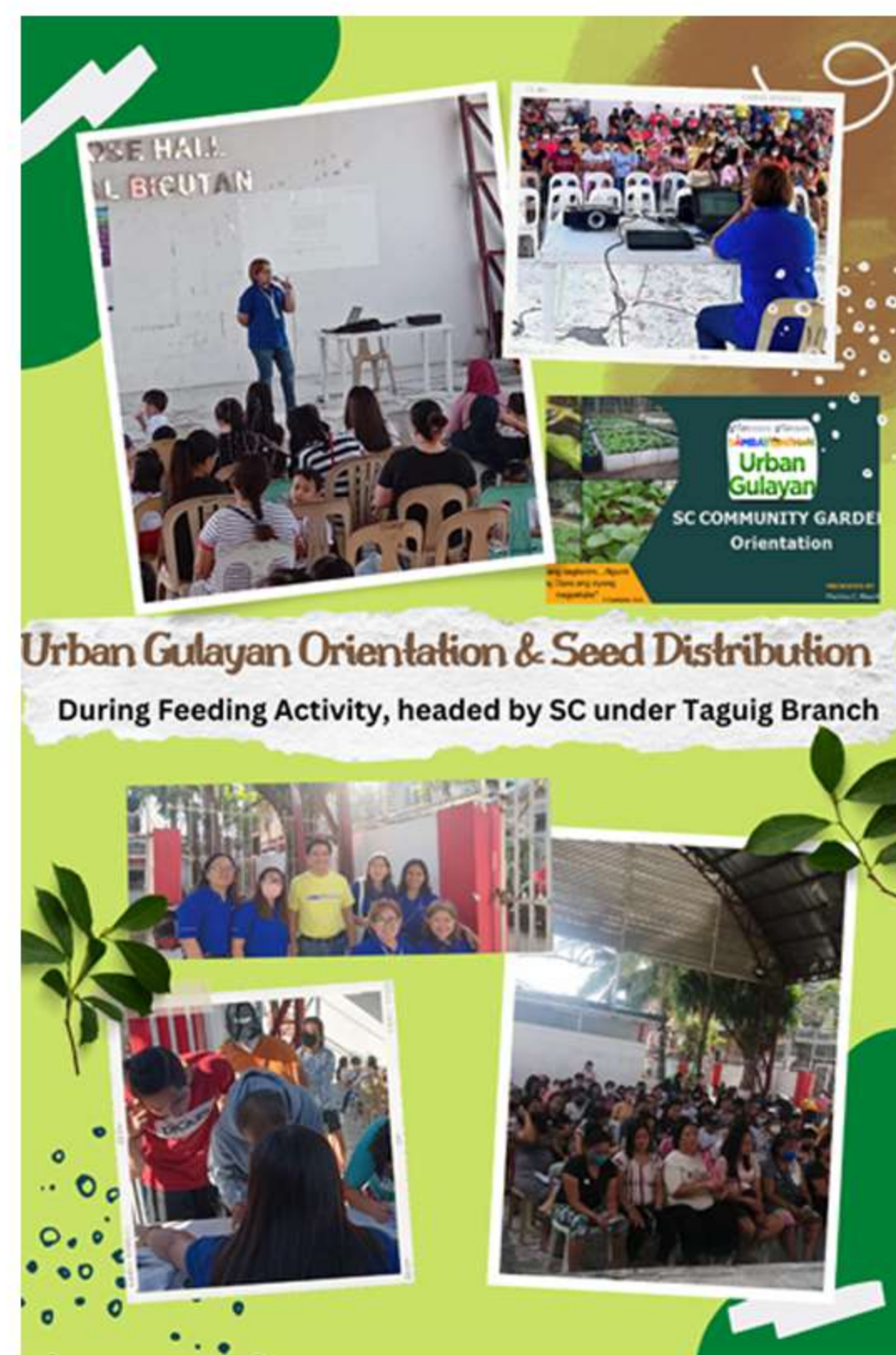
Ngayong buwan ng mga puso, ito ang aking handog... mas masarap magbigay papuri sa Diyos kapag ika'y aking kasama



Ang wagas na pag-ibig mo'y mainam pa kaysa buhay, kaya pupurihin kita, O Diyos, at parangalan. Mga Awit 63:3

### SAMBAYANIHAN CENTER CORNER

Sambayanihan Urban Gulayan Orientation for TSPI Taguig Branch Communities



Last February 3, 2023 TSPI Sambayanihan Center Program held a whole-day Feeding Activity in selected communities in Taguig City.

TSPI Taguig Branch, organized the activity in partnership with the Local Government Unit (LGU) of Taguig, Daycare Centers and Jollibee Food Corporation. While the kids enjoyed a good meal, the parents were gathered for orientation about TSPI programs and Services and Urban Gulayan Program. After the orientation, some parents availed membership to TSPI and free seeds were distributed to parents who are interested to join the TSPI Urban Gulayan Program and agreed to be part of the group that will be submitting update report of their gulayan either to Taguig Sambayanihan Center or Taguig Branch who will be monitoring their garden. Also, some engaged to the business program and filled up the reseller's form after the orientation which were immediately registered as reseller and are expected to start their reseller business soon.

### HYDROPONICS CORNER

#### Hydroponic Organic Vegetable HO garden update

Head Office Urban Community Garden (green leafy vegetables)  
Planting Method: Kratky Hydroponics



Projected Harvest period: Feb 18 to 21, 2023  
Note: limited stock only, hurry reserve yours now

### MAGTANIM AY



"...ating paigtingin upang pagtutulungan at pagkakaisa ay makamtam natin; sa bandang huli ay ating aanihin ang mga bunga ng pinagpaguran natin."

Shellamarie Apilado  
Account Officer - TSPI Tayug Branch

"...magtanim ay nagdadala ng saya at maaaring ehersisyo para sa bawat isa."

Angelita Ferrer  
TSPI Client -Balayan Branch





# Cucumber Kimchi

by: Marilou Maurillo

### Ingredients:

- Cucumber (2 medium size)
  - Carrot (medium size - 1/2)
  - Onion (1 small size)
  - Spring Onion (1 small bunch)
  - Garlic (3 heads)
- Chili paste (2 tablespoons)
  - Oil (1 tablespoon)
  - Sugar (1 tablespoon)
  - Sesame seeds (1 tablespoon - optional)
  - Salt (2 tablespoons)



### How to prepare:

1. Rinse all the ingredients.
  2. Cut cucumbers into 2 halves (lengthwise). Then cut it into a diagonal shape, making it look like a half-moon (This shape is preferred for easier bite and aesthetic effect. Thin strips cut is an option).
  3. Put the cut cucumber in a bowl and sprinkle with salt. Mix it well and let it rest for 20 minutes.
  4. While waiting, prepare the other ingredients.
    - a. Cut the carrots into thin strips
    - b. Mince the garlic and onion
    - c. Cut the spring onion into half an inch long
  5. Mix all the other ingredients – carrots, minced garlic & onion, spring onion, and sesame seeds in a bowl.
6. Add the chili paste, oil and sugar to the mixture of other ingredients then set it aside.
  7. After 20 minutes, squeeze the cucumber to extract and remove the water.
  8. Rinse the cucumber in cold water twice.
  9. Mix the cucumber with the other ingredients and taste the mixture to know if there is a need to adjust the taste.
  10. Transfer the kimchi cucumber to a tub then refrigerate. Stored cucumber kimchi in refrigerator will last for 3 to 6 months.

### Kimchi Cucumber Business: Costing

Sales	P 200.00
Price: P100/Tub x 2 tubs	
Cost of Ingredients	
- Cucumber (2 medium size)	P 58.73
- Carrot (medium size-1/2)	P 3.33
- Onion (1small size)	P 9.50
- Spring Onion (1 tall)	P 12.00
- Garlic (3 heads)	P 1.00
- Chili paste (2 tablespoons or 12.5 g)	P 9.00
- Oil (1tablespoon)	P 1.00
- Sugar (1 tablespoon)	P 1.00
- Sesame seeds (1 tablespoon optional)	P 1.00
- Salt	P 2.00
- Packaging: Tub ( 2 x P5)	P 10.00
Total	P108.56
Net Income	P 91.44
Net Income/Tub	P 45.72
Return on cost: 84%	

### Note:

1. Prepared ingredients are good for 2 small size tubs
  2. For Ingredients:
    - a. Oil is used instead of water to make the kimchi tastier and look more appetizing. Appearance of the product is very important in marketing.
    - b. Sugar is used instead of vinegar for longer shelf life.
  3. Best to be paired with Samgyupsal and other fried or grilled viands.

# Turo ni Ama sa Pagsasaka

Contributor: Jenalyn Valencia - Senior Account Officer, TSPI Umingan Branch



Nag-umpisang magkaroon ng hilig sa pagtatanim ng gulay si Jenalyn simula noong namatay ang kanyang ama, taong Marso 2008. Nakasanayan nya na sa tuwing uwi ang kanyang ama ito ay may dalang gulay galing sa bukid. Dala ang ala-ala at turo ng kanyang ama, ngayong sya ay may sariling pamilya na, ay kanyang inumpisahan linisin ang kanilang bakuran at nagtanim ng talong, sili, okra at pechay, upo, ampalaya at kalabasa na may balag at patani.

Ang impluwensya at pagmamahal ng kanyang ama sa pagsasaka ang kanyang

naging inspirasyon para kumuha ng kursong BS in Agriculture, Major in Crop Science. “Nais ko ay hindi mawala ang turo at ala-ala ng aking ama, noong siya'y nabubuhay,” pag sasaad niya.

Ang minanang pagmamahal sa pagsasaka ni Jenalyn mula sa kanyang ama ay kanya naman ngayong ipinamamalas sa kanyang mga anak na kanyang katuwang sa pangangalaga ng kanilang gulayan sa bakuran. Sa pagbibigay ng ehemplo nais niyang maturuan ang mga ito sa tamang pagtatanim at pangangalaga ng gulay. Sa bawat inaang gulay ay nakakapag-bahagi siya sa iba. Para kay Jennalyn, “masaya sa pakiramdam na nakapagbigay tayo sa kapwa”.

Ang payo ni Jennalyn sa mga mag-uumpisang magtanim, may maluwag man na bakuran o maliliit na lagayan - mas mainam na may katuwang sa pangangalaga ng tanim na gulay. Maaaring maglagay ng harang sa tanimang gulay upang hindi ito kainin ng mga alagang hayop. Ang pagtatanim ay katulad din ng patuloy na pag-aaral katulad ng mensahe ni Jenalyn, “sa ngayon, ako ay patuloy na natututo sa pagtatanim na nais kong ibahagi rin sa mga susunod na henerasyon”.

## ANNOUNCEMENTS



## Sambayanihan Center Urban Gulayan

Sama-samang pagtatanim (February-April, 2023) para sa paghahanda sa Harvest Festival na gaganapin sa June 2023!

### Monthly Urban Gulayan Webinar: Vine & Trellis Vegetables

- Best way to grow vegetables
- Materials for growing vegetables
- Lifespan of vegetables
- Proper Harvesting of Vegetables



## Cucumber a Useful Fruit Vegetable

Source: Meenakshi Nagdeve, July 2021  
Cucumbers: Nutrition, Health Benefits, & Recipes | Organic Facts

Cucumber is a fruit with high water content that helps us hydrated and especially recommended during summer months. It is beneficial for our overall health because it is rich in antioxidants, minerals and fiber content. Cucumber is also a good source of potassium, phosphorus, vitamins C and K. It also provides small amounts of iron, sodium and B vitamins (riboflavin, niacin, and vitamin B-6).



### Health Benefits

- Rich in antioxidants
- Rich in silica, which is an essential component that can aid in developing strong and healthy connective tissues in the muscles, ligaments, tendons, cartilage, and bones
- Aids to prevent constipation
- Helps control blood pressure
- Helps to manage diabetes

## Planting Calendar

Vegetables/Crops		Time of Planting	Plant Population per hectare (ha)	Maturity	Volume of Production (tons/ha)	Distance of Planting	
						Hill (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
	Kangkang	All season	333,333	30-50 DAP	10-12	15	20
	Lettuce	All-season	160,000	30-45 DAP	5-10	25	25

Source: Agricultural Training Institute (ATI)

### TSPI Sambayanihan Centers with “Sambayanihan Gulayan”

#### North 1 Sector Branches

- San Carlos
- Umingan
- Malasiqui

#### North 2 Sector Branches

- Pinili
- Batac
- Cabugao

#### North Central Sector Branches

- Gerona
- Moncada
- San Jose
- Cabanatuan
- Santiago
- Tuguegarao
- Cabatuan
- Talavera
- San Fernando
- Guimba
- Capas
- Paniqui

#### South 1 Sector Branches

- Candelaria Branch
- Calauag Branch
- Sariaya Branch
- Tayabas Branch
- Mulanay Branch
- Alimanan Branch
- Tagkawayan Branch
- Unisan Branch

#### South 2 Sector Branches

- Naga
- San Fernando
- Calabanga
- Pili
- Nabua
- Polangui
- Legaspi

#### South Central Sector Branches

- Indang
- Balayan
- Nagcarlan
- DBB (Bacoor)

#### Central Sector Branches

- Baliuag
- Las Pinas
- Paranaque
- Corporate Center (Head Office)

BE HEALTHY!

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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 (Marilou CE)

Marilou Maurillo – Program Manager, TSPI APG  
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Shellamarie Apilado – Account Officer, Tayug Branch  
Angelina Ferrer- TSPI Client, Balayan Branch

### Special Feature source:

Meenakshi Nagdeve, July 2021 retrieved from Cucumbers: Nutrition, Health Benefits, & Recipes | Organic Facts

Planting Calendar Source: Agricultural Training Institute (ATI)

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Abangan ang Urban Gulayan sa inyong lugar!