

# Urban Gulayan NEWSLETTER

APRIL 2022 ISSUE | SERIES #04

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.



Ms. Arlene Fresosa, SAO, TSPI Valenzuela Branch at Urban Gulayan Garden

## Vegetables are like taking care of children

"Why did you join TSPI Urban Gulayan program?" - a good question to ask the increasing number of clients and employees engaging in urban vegetable gardening. For Ms. Arlene Fresosa, Senior Account Officer of TSPI Valenzuela Branch, "planting brings the other side of you; the lighter and social side that is aware of the needs not only of your family but of the community where you live in". Her family is benefiting from a mix of organic, fresh and healthy vegetables from her gulayan, such as mustasa, okra, tomato, eggplants, kamote tops and malunggay leaves. Sometimes, her neighbors also request for free vegetables. This reminds her of the spirit of bayanihan in doing urban gulayan where neighbors are allowed to get free fruits and vegetables.

Aside from her urban gulayan at home, Arlene is the designated caretaker of TSPI Valenzuela Branch urban gulayan garden. The branch staff always look forward to the harvest time. They cook the harvested vegetable and schedule a lunch together at the branch office. It becomes one of their bonding moments. Like other Ka-Urban Gulayan, she realized that challenges are part of maintaining a good vegetable garden. In her case, she usually finds a way to deal with pests through natural way to avoid use of chemicals. Since they consume the harvests, she appreciated organic ways of farming all the more. She learned mixing minced chili with a liter of water as pest control solution, which she sprays directly on infested leaves and stems.

"Ang vegetable garden ay parang mga bata din, kailangan mong alagaan mabuti, kailangan bigyan ng attention upang balang araw ay yumabong na maganda at maging kapaki-pakinabang."

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

"Ngunit ang mabubung lupang hinasiikan ng binhi ay ang mga taong nakikinig sa salita ng Dios at nakakaunawa nito. Kaya namumungga ito sa kanilang buhay. Ang ito'y napakarami ang bunga, ang ito'y marami, at ang iba namaly kalamitaman lang." - Mateo 13:23



## Organikong Pataba: Sagot sa Pagkasira ng Sustansya sa Lupa

By: Yen Apolinario  
Source: sproutingfam.com

Organic fertilizer is derived from organic matter such as molasses, animal manure, food scraps, and other materials that are naturally available as mineral sources in the soil. As fermentation occurs, it helps improve the soil structure through soil microbes that act as catalyzes. Organic fertilizer contains essential nutrients for plant growth. However, its applications should be incorporated during the land preparation to prevent ineffectiveness.

The liquid organic fertilizer, also known as fermented bio-liquid, is a common ready-to-use organic fertilizer. Fermented Plant Juice (FPJ) is one of the best types of organic fertilizer made from local plant residues and brown sugar. In addition to Organic farming, liquid organic pesticides or insecticides controls the spread of common pests in the garden as an alternative to the use of chemicals. Sustainable and healthy farming only requires time, effort and basic materials that are available in the household. A fermented Liquid Herb Hormone - Orient Herbal Nutrients (OHN) is a combination of edible, aromatic herb extracts, such as ginger and garlic. The primary purpose of OHN is to put away the growth of anaerobic bacteria, that can cause infections in plants.

### OHN Preparation:

Materials needed - This will depend on amount of OHN you need and the size of your container:

- 1 kg of Garlic
- 1 kg of Ginger or turmeric
- 750 ml bottle of any available beer (regular alcoholic drink)
- 200 grams of Muscovado or 1 liter of Molasses
- 2.2 liters of tap water

### Step 1. Prepare Medicinal Herbs

- Chop up the medicinal herbs, then smash using the mortar and pestle.
- Put it in a ceramic pot at least 1/3 full.

### Step 2. Top Off with Extractor

- Top off the smashed herbs with any alcoholic drink.
- Let it sit for 3 days without cover.

### Step 3. Add Sugar

- After the initial 3-day waiting period, fill the ceramic cup with water up to 2/3 and add 200 grams sugar.
- Mix well until the sugar dissolves.
- Cover with a breathable cloth or plain manila paper and tie tightly with a rubber band or string to prevent insects. Keep the container airtight.

### Step 4. Storage

- Label as "OHN mixture". The mixture ca be use as long as there's no foul odor.

Note: The aroma should not sweet nor sour, it might be strong but not pungent.

### How to use OHN:

- Dilute 2 tablespoon of mixture to 1,000 ml water. Double the dosage of OHN in severe cases as needed.
- Mix well and spray into your plants every week or a few times per month to keep them strong and help them fight off potential diseases and invader insects.



FOR FUTURE ORDERS, CONTACT MARILOU "MALOU" EBALO 09532104836 or via FB Messenger

## 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

- SJDM Branch
- Sta Maria Branch
- Baliuag Branch
- Baguio Branch
- Malolos Branch

### 2. NCR

### Central Region

- Corporate Center
- Taguig Branch
- Las Piñas Branch
- Parañaque Branch
- Tondo Branch
- Valenzuela Branch
- Malabon Branch
- Antipola Branch

### 3. URBAN GULAYAN COMMUNITIES:

- Bacoor Community Garden
- Taguig Community Garden
- Las Piñas Community Garden
- Quezon City Community Garden

## Abangan ang Urban Gulayan sa inyong lugar!

### CONTRIBUTORS:

- Marilou Ebalobo, TSPI - APG
- Ellen Jane Apolinario, TSPI - APG
- Marian Gutierrez, TSPI FAMU
- Benjamin Rubio, BM Balayan Branch
- Arlene Fresosa, SAO Valenzuela Branch
- TSPI Nagcañan Client Group from Sambayanihan Cook Fest ("Raketerong Nanays")

### PUBLISHER:

Tulay sa Pag-Unlad, Inc. (TSPI)  
2363 Antipolo St.  
Guadalupe Nuevo  
Makati City  
www.tspi.org  
partners@tspi.org  
FB Page : Tulay sa Pag-unlad Inc.  
TCCS No.: 0917 830 5017

### PRODUCTION TEAM:

TSPI ALLIANCE & PROGRAM GROUP  
WRITER: MARILOU EBALO  
WRITER/EDITOR: AQUILINA ONESA  
PROOFREADER: ELLEN APOLINARIO  
LAYOUT ARTIST: KARUYOSHI SANADA



## Sambayanihan Longga Bongga Recipe "Menudong Gubat"

By: TSPI Nagcañan Client Group from Sambayanihan Cook Fest ("Raketerong Nanays")

### Ingredients:

- Halo-halong Gulay: 100g (diced) Sayote, Carrots, Patatas, baguio beans.
- Mani: 100 g
- Evaporated milk: 1 can (450ml)
- Atsuete for coloring
- Garlic Longganisa: ½ kilo (minced)
- Garlic, Onion, Salt and Pepper

### How to cook:

- Saute onion and garlic, add on minced longga garlic until slightly cook.
- Add the vegetables and saute for a minute.
- Add on the evaporated milk and bring to boil.
- Add some water with atsuete for coloring.
- Add salt and pepper to taste.



## PECHAY

is one of the easiest green leafy vegetable to grow in the Philippines, it will only require little space. In fact, if you have space for one of more 6-inch pot, you can grow pechay.

This vegetable needs thirty (30) days before you can start harvesting.

## MAGTANIM AY...



"...dapat gawin! Bakuran ating pagyamanin upang pamilya ay digutumin. Ito ay kayamanan kaya dapat linangin at pounlarin."

Ms. Marian M. Gutierrez  
Sr. Manager, TSPI FAMU



Benjamin Rubio  
BM, Balayan Branch

"... isang mahalagang bagay dahil nakakatulong upang tayo ay mako-recover sa pinagdaananang nating pandemiya, para sa maayos na mental health at pag-budget sa gastosin sa pagkain."

## ANNOUNCEMENTS!

## SAMBAYANIHAN Urban Gulayan WEBINAR



### Pangangalaga ng Gulayan Gamit ang Organikong Pataba

Alamin kung paano mag-Composting at maghanda ng Fish Amino Acid (FAA), Fermented Plant Juice (FPJ) at Fermented Fruit Juice (FFJ)

May 12, 2022 | Wednesday  
3:00-4:30 PM | via Zoom

Speaker:  
MR. AFRIEL N. MABAAN  
PROJ DEV OFFICER 2

NATIONAL URBAN AND PER-URBAN AGRICULTURE PROGRAM  
DEPARTMENT OF AGRICULTURE



## 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)

ALWAYS BE HEALTHY!