

Urban Gulayan NEWSLETTER

MAY 2022 ISSUE | SERIES #05

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.



GULAYAN SA SAKO SA MALIIT NA ESPASYO

by Susan Arellano

In 2020, during the height of Covid-19 Pandemic, price of goods had a massive increase. Before the pandemic, a bundle of pechay only cost P5.00, today, the cost is around P40- P50 pesos. Due to increasing prices of basic needs, Ms. Susan Arellano, Ms. Susan Arellano – TSPI Deputy Director, Corporate Accounting and Administration and her husband decided to grow their own vegetables at their backyard. The small space did not hinder them of having vegetable garden, the passion in planting became their driver and the love to eat healthy vegetables to pursue their own vegetable garden. "Maliit lang ang aming espasyo kaya nag isip kami ng paraan kung paano namin gagawin ang aming vegetable garden" shared Ms. Susan. They are using used sacks, plastic containers, old pails, and tires as pots for the plants.

Surprisingly, with limited space, you will find a multiple plants- leafy and fruit bearing vegetables, and some fruit bearing fruits like papaya, calamansi and mulberry. "Bonsai lang ang aming Mulberry pero ang daming bunga at ang tamis- tamis", Ms. Susan fondly shared.

Since she is reporting onsite in the Head Office, she and her husband divided the task, her husband takes care the plants during weekdays, while on weekends she does the watering and excitingly looking forward in doing it every single week. To her, the vegetable garden gives tranquility and joy, the produce is just an addition to the emotional benefit that she is getting. Their Family bonding and the fulfillment of their passion is the main reason they are maintaining their garden.

Apparently, with their harvest from container vegetable garden, they still manage to share some within their neighborhood. A true spirit of Sambayanihan, a Filipino trait wherein our neighbors are also like a family to us. Urban gardens allow neighbors to show care for each other- a pleasant experience of opening your door to your neighbor with smile on her face and free vegetables on her hand.



BY: MARILOU EBALOBO

Ingredients:

Mustasa – 2 bundles
Pipino – 1 pc.
Ripe Mango- 1 pc.
Tomato- 2 pcs.
Strips of cooked chicken

To taste:

Sugar, pepper (dash)
Vinegar (1 teaspoon)
Oil (1 teaspoon)
Lemon (optional)

Procedure:

1. Cut into small pcs. the mustasa leaves.
2. Put 1 tablespoon of salt to the cut mustasa.
3. Mix the salt and mustasa while gently squeezing the mixture.
4. Set aside for 30 minutes.

Assembly:

1. Toss together all ingredients including the burong mustasa.
2. Add on all the condiments.
3. Squeeze in lemon to add on a tang taste. (optional)

Pair this Ensalada with Burong Mustasa to your favorite fried dish! Happy eating!



ALAGA NI INAY...



"Ang pag-aalaga ng gulayan ay katulad ng pag-aalaga ng anak, sinisigurado natin na naibibigay ang kanilang pangangailangan upang lumaking malusog at kapaki-pakinabang sa pamayanan"

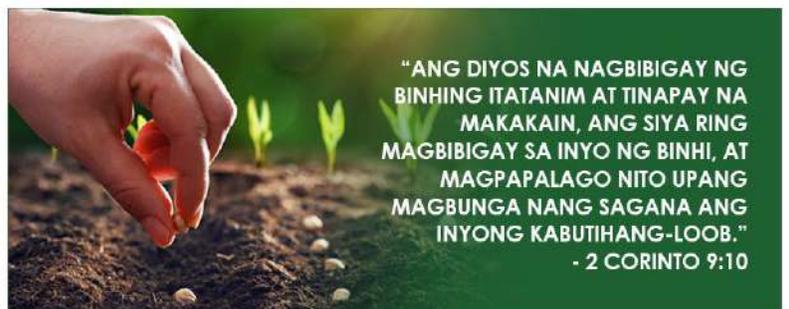
Marina Antolin
TSPI Client
Narvacan Branch

"Ang pagtatanim ng mga gulay ay parang pag aalaga ng anak. Binabantayan sila na parang batang musmos na ayaw mong madapuan ng anumang insekto at habang sila ay lumalaki lalo mo silang mamahalin dahil sila ang iyong stress reliever."

Melinda Lingat
TSPI Client
San Fernando Branch



GROWING SEEDS OF GOD'S WORD IN OUR HEARTS!



"ANG DIYOS NA NAGBIBIGAY NG BINHING ITATANIM AT TINAPAY NA MAKAKAIN, ANG SIYA RING MAGBIBIGAY SA INYO NG BINHI, AT MAGPAPALAGO NITO UPANG MAGBUNGA NANG SAGANA ANG INYONG KABUTHIANG-LOOB."
- 2 CORINTO 9:10

TSPI URBAN GULAYAN CURRENTLY COVERED AREAS:

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
- Balagtas Branch
- Malolos Branch

2. NCR

Central Region

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

3. URBAN GULAYAN COMMUNITIES:

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

Abangan ang Urban Gulayan sa inyong lugar!

Contributors:

- Marilou Ebalobo, Manager, APG
- Rowin Azurias, Supervisor, HRG Training Unit
- Marian Gutierrez, Senior Manager – Credit Cycle Management Department
- Susan Arellano, Deputy Director Corporate Accounting & Admin
- Melinda Lingat, Client- San Fernando Branch
- Marina Antolin, Client-Narvacan Branch
- Imee Patingo, Client- Gapan Branch
- Urban Agriculture-ATI

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HAKBANG PATUNGO SA AGRI-NEGOSYO

by Marian Gutierrez

“Na-inspire ako sa Taguig branch, kasama nila akong nag-aayos ng Branch and Community garden, noong nagsisimula pa lang ang Urban Gulayan Project ng TSPI. Ang saya ng sama-samang nagtatanim, nagkaroon tuloy ako ng idea na kahit sa maliit na espasyo pwedeng magkaroon ng vegetable garden”, kaya ipinangako ko sa aking sarili na magtatanim din ako sa aming bahay sa Taguig.” She candidly shared her story.

Later that month, Ms. Marian – TSPI Senior Manager, Credit Cycle Management Department started her backyard garden. Though, her first venture was not a success caused by native animals, she re-planted the vegetables and built enclosure for plant protection. Weeks later, she reaps what she sow.

With her passion, she is enjoying her new found hobby where she turned her friend’s parcel of land in Zambales into a vegetable garden. She personally did the planting together with her hired laborers. “Nung nagsimula akong magtanim sa bukid, pinagtatawanan ako ng mga nakakatanda sa akin kasi ang arte ko daw magtanim, pero dahil natuto na ako, eventually di ko namalayan na-adopt ko na kung paano sila manamit kapag sila ay nasa bukid. Marami akong natutunan sa kanila isa na dun ay ang pagiging simple at payak. Naging kaibigan ko ang mga ‘senior citizens’ doon, nag e-enjoy akong kausap sila kasi masaya silang kausap at marami akong natutunan sa kanila”

Ms. Marianne said that after this cropping, her plan is to market and sell her produce in the nearby local market and possibly to a wholesaler. She never thought that what she started as a hobby will become a business someday. At present, her second (2nd) cropping has a total of 50 eggplants, 40 trees of okra, some ampalaya and kamatis. During her first harvest, she gave the produce to her neighbors in Iba, Zambales and brought some in Taguig. She looks forward to the harvest period to see how her vegetable selling plan will succeed!

MAGTANIM AY...



...nagdudulot ng kasiyahan at kapayapaan, eto rin ay nagbibigay ng kabuhayan sa aking pamilya.

Imee Patingo
TPP Client | Gapan Branch

...pwedeng maging kabuhayan, sipag at tiyaga ang puhunan.

Rowin Azurias
Training Supervisor
HRG-Training Unit



ANNOUNCEMENTS!



SAMBAYONIHAN Urban Gulayan WEBINAR

PAMAMAHALA SA PESTE

- Mga common pest sa gulayan
- Mechanical & Organic Pest Management
- Paggawa ng home-made pesticide

June 21, 2022 | Tuesday
3:00-4:30 PM

GREEN THUMB TIPS

Mga dapat isaalang-alang sa pagsisimula ng Urban Gulayan

Source: Urban Agriculture-Agricultural Training Institute

Type of Sun/Shade	Plants that Thrive
Mostly sun: 6 hours or more of direct sun	Solanaceous (tomato, bell pepper, eggplant, potato) and mostly cucurbit crops (ampalaya, kalabasa, cucumber)
Partly sun/partly shade: 4-6 hours of sun	Most herbs, brassicas, lettuce, bush beans, root crops such as radish, carrot, potatoes, garlic and ginger
Mostly shade: 3-4 hours of sun	Mustard, spinach, arugula, pak-choi, garlic, mint, chives



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)