

# 6<sup>th</sup> National Conference of Nutrition Action Officers

## Food Gardening for Plantitos and Plantitas

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08 October 2020



# Outline



- Introduction
- Rationale
- Benefits of food gardening
- Food garden models
- Requirements for establishing a food garden
- Planting plan for a food garden
- Conclusion
- Recommended actions for Nutrition Action Officers



# Introduction



**Home/Community Garden** - a mixed cropping system that encompasses vegetables, fruits, plantation crops, spices, herbs, ornamental and medicinal plants, as well as livestock, that can serve as a supplementary source of food and income at a household or community level

Source: <https://agricultureandfoodsecurity.biomedcentral.com/articles/10.1186/2048-7010-2-8>

**Food Security** - all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life

Source:

[http://www.fao.org/fileadmin/templates/wsfs/Summit/Docs/Declaration/WSFS09\\_Draft\\_Declaration.pdf](http://www.fao.org/fileadmin/templates/wsfs/Summit/Docs/Declaration/WSFS09_Draft_Declaration.pdf)



# Rationale

## CURRENT SITUATION



## CHALLENGES THAT WE FACE

Climate change

Few agricultural extension workers

Land conversion due  
to urbanization

Aging farmers

Low number of  
agriculture students

## QUESTION

How can we achieve food security?

# Benefits of food gardening



- Increase access to fresh foods
- Improve food security
- Increase physical activity through garden maintenance activities
- Improve dietary habits through education
- Increase fruit and vegetable intake
- Reduce risk of diseases
- Improve mental health and promote relaxation

Source: <https://greenleafcommunities.org/the-many-benefits-of-community-gardens/>







# Food Garden Models





# Food Garden Models

## Backyard Gardening

Raising of different kinds of vegetables and fruits in the backyard to provide supplementary source of essential nutrients for the family





# Food Garden Models

## School Gardening

Growing of different vegetables and fruits in plots assigned to pupils in elementary and high school to impart gradually the dignity of productive labor

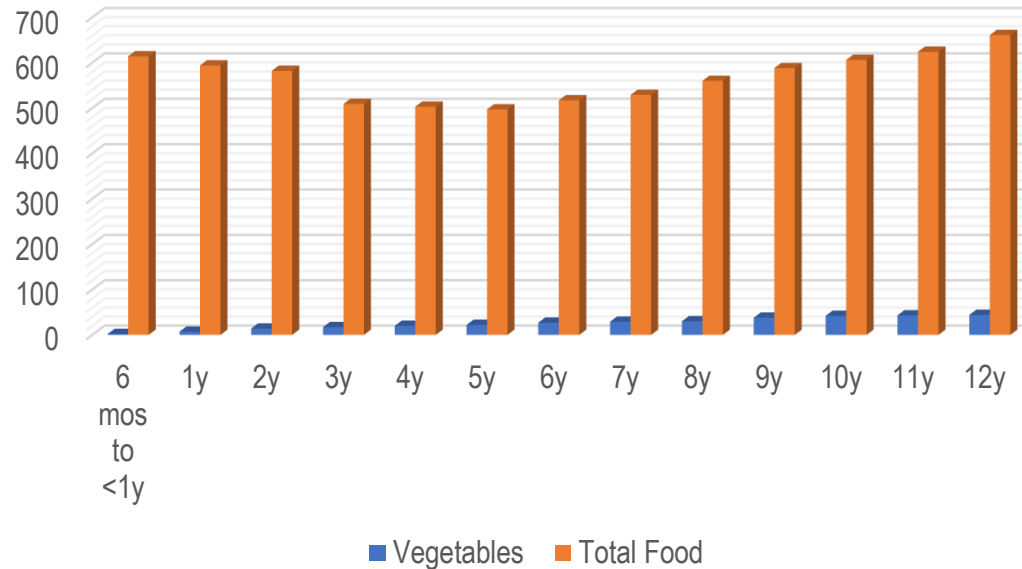




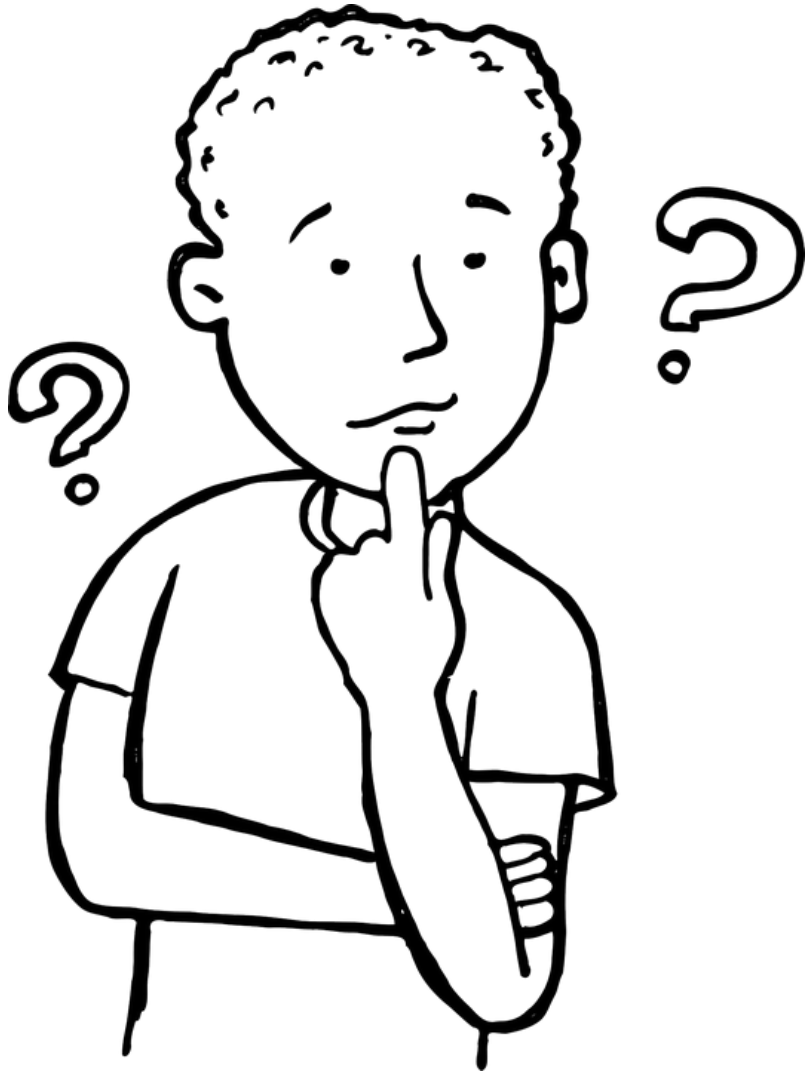
# Average one-day food consumption of children, 6 months to 12 years old, by single age: Philippines 2013

Food Group	Mean intake in grams per day (g)													
	6 mos to <1y	1y	2y	3y	4y	5y	6y	7y	8y	9y	10y	11y	12y	ALL
VEGETABLES	2	7	14	17	20	22	27	29	30	38	42	43	44	25.77
Green, Leafy and Yellow Vegetables	1	3	6	7	8	10	12	14	11	16	18	20	19	11.15
Other vegetables	1	4	8	10	12	12	15	15	19	22	24	23	25	14.62
TOTAL FOOD	614	594	582	509	503	497	517	529	560	588	606	624	661	568.00
Percentage of vegetable over total food (%)	0.33	1.18	2.41	3.34	3.98	4.43	5.22	5.48	5.36	6.46	6.93	6.89	6.66	4.54

Mean intake in grams per day



**Source:** Food and Nutrition Research Institute-Department of Science and Technology (FNRI-DOST). (2015). *Philippine Nutrition Facts and Figures 2013: Food Consumption Survey*. FNRI Bldg., DOST Compound, Bicutan, Taguig City, Metro Manila, Philippines.



What if I don't have  
enough space to plant  
vegetables and fruits???

# Food Garden Models

## ALTERNATIVE...

### Container Gardening

Any container or receptacle can be filled up with good soil and planted with vegetables and fruits





# Food Garden Models

## Vertical Gardening

garden that grows upward (vertically) using a trellis or other support system, rather than on the ground (horizontally)





# Food Garden Models

## Modified Hydroponics

soilless culture of vegetables using mineral nutrient solution in water





# Food Garden Models

## Rooftop Gardening

Practice of cultivating plants on the rooftop of building which is usually done using hydroponics system or container gardening





# Food Garden Models

## Bureau of Plant Industry's "Gulayan sa Kawanihan"



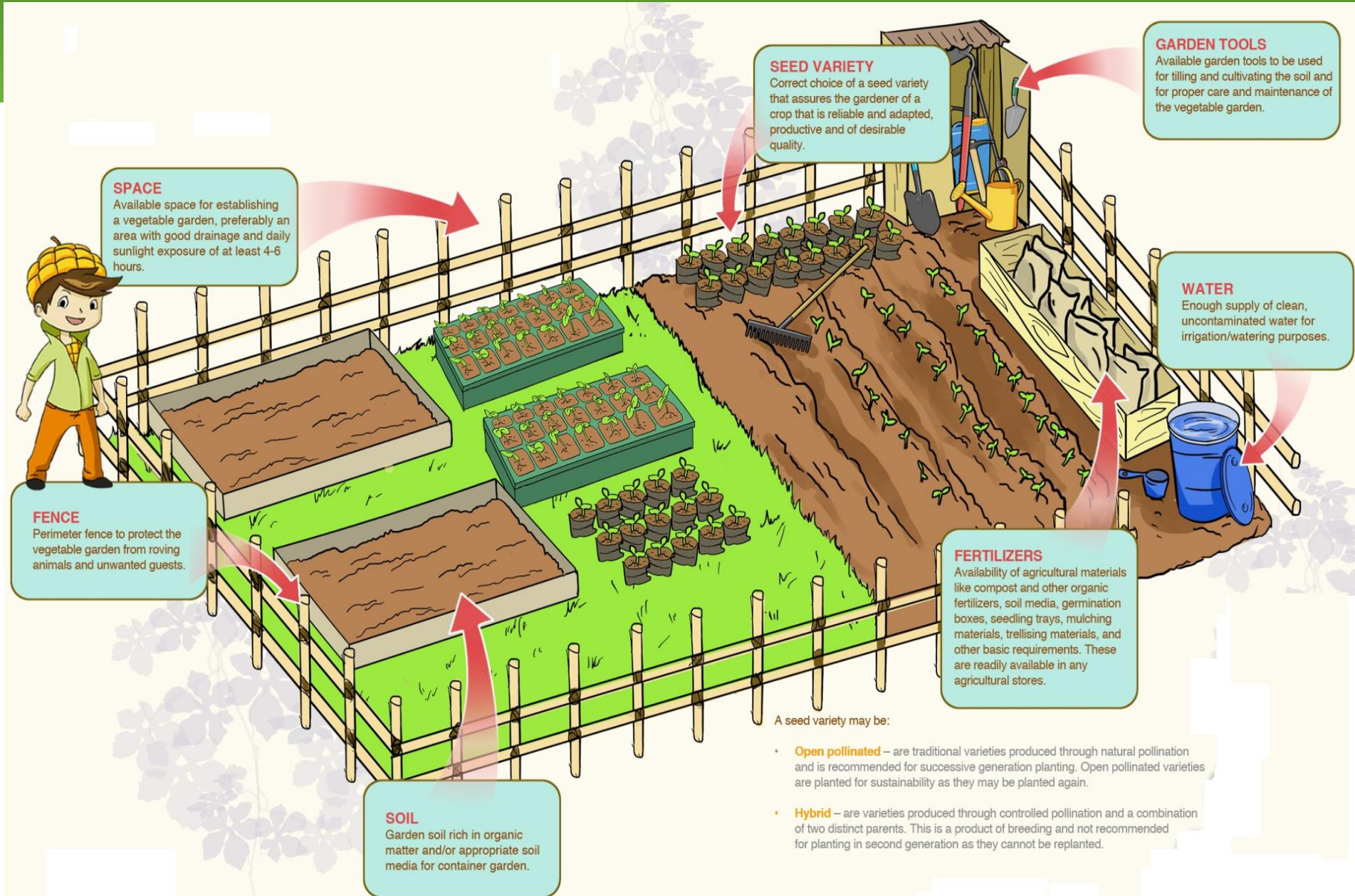
**BEFORE**










**AFTER**



# Requirements for Establishing a Food Garden



# Requirements for Establishing a Food Garden

-  **Space** – Available space for establishing a vegetable garden, preferably an area with good drainage and daily sunlight.
-  **Garden tools** – Available garden tools to be used for tilling and cultivation the soil and proper care and maintenance of vegetable garden.
-  **Fertilizers** – availability of agricultural materials like compost and other organic fertilizers.
-  **Soil** – Garden soil rich in organic matter and/or appropriate soil media for container garden.
-  **Seed variety** – Correct choice of a seed variety that assures the gardener of a crop that is reliable, and adapted, productive and of desirable quality. Hybrid? Open-Pollinated Varieties?
-  **Fence** – Perimeter fence to protect the vegetable garden from roving animals and unwanted guests.
-  **Water** – enough supply of clean, uncontaminated water for irrigation



# Planting Plan for a Food Garden



COMPOST AREA



BANANA (LAKATAN)



FRUIT BEARING PLANTS



PAPAYA



MEDICINAL PLANTS

Pallets box other  
indigenous  
vegetables



EGG-PLANT



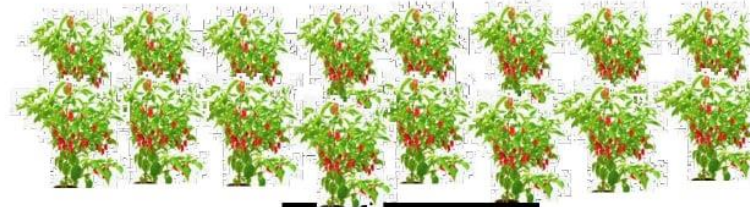
TOMATO



EGG-PLANT



TOMATO



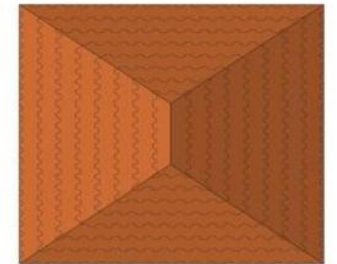
HOT PEPPER



HERB GARDEN

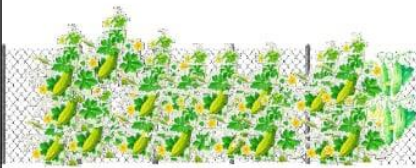


NURSERY AREA



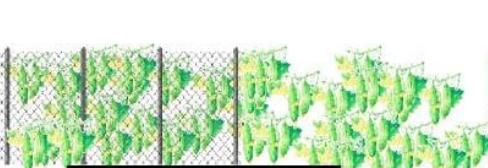
WORKING AREA S

Leafy Vegetables



OTHER VEGETABLES

Leafy Vegetables



BOTTLE GOURD

Leafy Vegetables



POLE SITAO

Mini  
Hallway

Dole Asia Logo

WELCOME



VERTICAL GARDEN:  
PECHAY AND MUSTARD





Present-day  
**HEROES**







NAOs:  
**PPAN**alo  
sa New Normal



Unsung  
**HEROES**



**No Farms  
No Food®**  
American Farmland Trust



# AgriCOOLture





# Personal Testimony: “Passion Turned Into Business”



BEFORE



AFTER



**Lush Greenery**

@thelushgreenery • Agriculture



# Challenge

You have the opportunity... the choice... the ability...

## How can you help?

*CHALLENGE*

*Accept it or Not?*





# Recommended Actions for NAOs



- Establish technology demonstration to showcase home/community garden setup
- Distribute open pollinated varieties of vegetable seeds and/or fruit seedlings for sustainability
- Develop IEC materials on the nutritional values of vegetables and fruits commonly consumed by Filipinos



# Free Seeds and Seedlings



## **SEEDS and SEEDLINGS ARE NOT FOR SALE!** **FREE SEEDS & SEEDLINGS** **FOR YOUR BACKYARD GARDENING**

brought to you by Department of Agriculture  
Bureau of Plant Industry (DA-BPI) - Crop Research  
and Production Support Division (CRPSD)

### **HOW TO AVAIL FREE SEEDS & SEEDLINGS ?**



#### **WALK-INS:**

For those in the Metro, seeds and seedlings are available at BPI, Malate (692 San Andres St. Malate- near LRT Quirino ) and Quezon City (Visayas Ave., Diliman, near QC Circle) offices during office hours. (M-F, 8AM-5PM, except holidays).



#### **PICK UP VIA COURIER (BACKYARD GARDENING):**

1. Book a courier (lalamove, grab or angkas). Clients will shoulder the delivery fee.
2. Provide rider (or chosen courier) name, address, birthday and contact number of each household.
3. Availment is 1 set per household (1 set = 5 assorted vegetable seeds).
4. Maximum of 5-10 households (depending on location)

Hotline: **BPI Malate - 0961-053-4838 or 8525-7313**  
**BPI QC - 8925-7761 SERGIO NOCEDA**



# Free Seeds and Seedlings



## LGU'S & PROVINCES:



Seeds may also be availed from LGU's (**Provincial or Municipal Agriculture Office**) or sa **DA Regional Field Offices** (DA-RFO) or BPI Centers (**Baguio, Los Banos, Guimaras, La Granja, Davao**)

## URBAN GARDENING (COMMUNITY PROJECT):



You may send an email at ***bpi.crpsd.planning@gmail.com*** or call our hotlines at (**Smart**) **0961-534 4838 / 0961-534 4831**, (**Globe**) **0956-524 5187**.

## CONTACT US!

 **692 SAN ANDRES ST., MALATE, MANILA**  
 **[02] 8525 - 7313 / [02] 8524 - 0837**  
 **[SMART] 0961-534 4838 / 0961-534 4831**  
 **[GLOBE] 0956-524 5187**  
 ***bpi.crpsd.planning@gmail.com***



**FOLLOW US ON FACEBOOK FOR UPDATES: @BUREAUOFPLANTINDUSTRY**

You may also visit the Department of Agriculture website for the Regional Field Offices at <https://www.da.gov.ph/>





## Bureau of Plant Industry

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Watch Video

youtube.com





Thanks for  
listening!

