



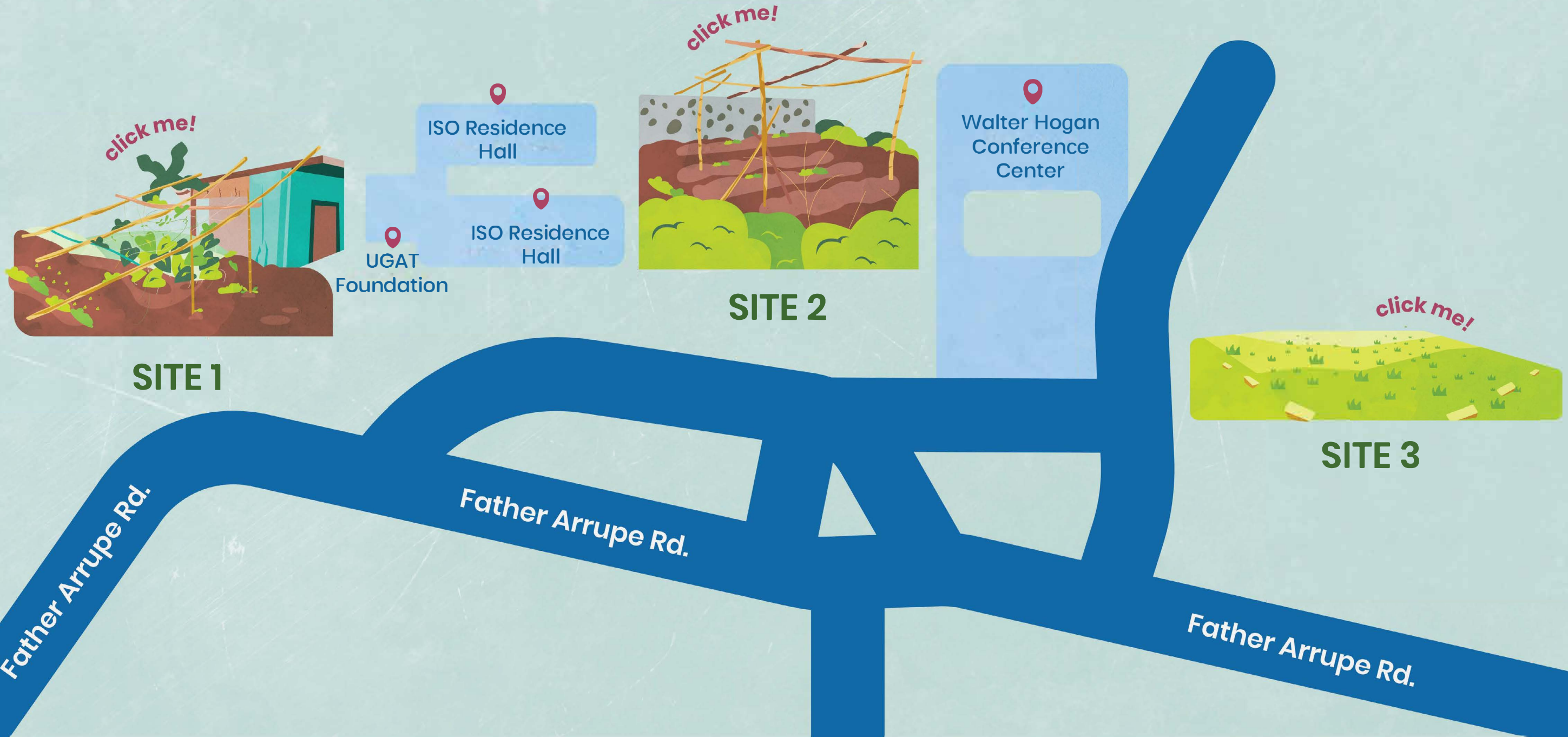
# Quarantanim

A Collaborative Project Between the Institute of Social Order and the  
Experimental Collaboration in the Arts (ARTS 181A-Q4) Class

Best viewed on Google  
Chrome for maximum  
interactivity!

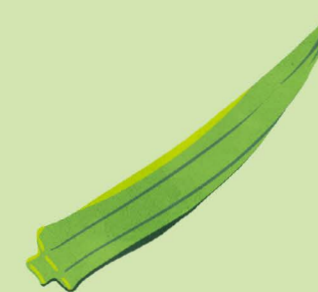
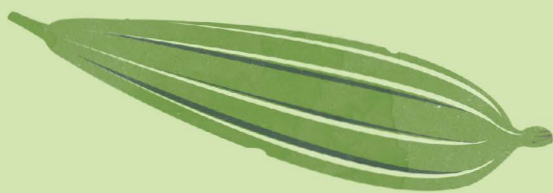
# Interactive Map

Where are the different sites located?



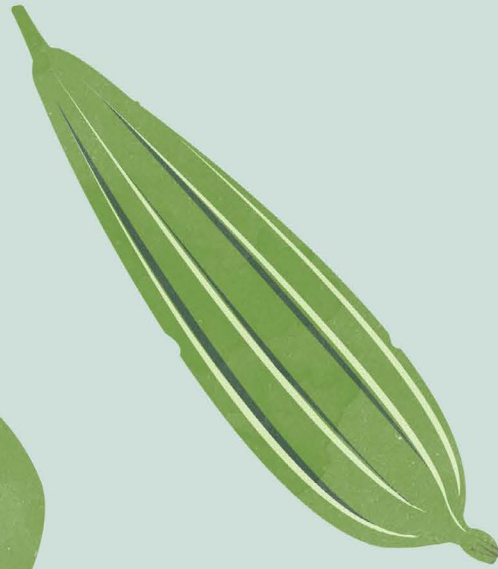


# The Gardens





# Site 1



Welcome to the first Site of the ISO's Urban Gardening Project! Kalabasa, Patola and KangKong are few of the crops planted here, however the site also includes Alugbati, Gabi and Kamoteng Kahoy.

(these are some of the crops on this site! click on the icons to learn more about them!)







# Site 2

Welcome to the second site of the ISO's Urban Gardening Project! Included in this site is the Nursery for ornamental plants (below), as well as different Ground crops (such as Kang Kong, Okra and Eggplant), and Trellis (such as Kalabasa, Patola, Sitaw and Ampalaya)!

(these are some of the crops on this site! click on the icons to learn more about them!)

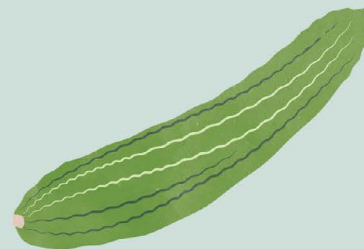
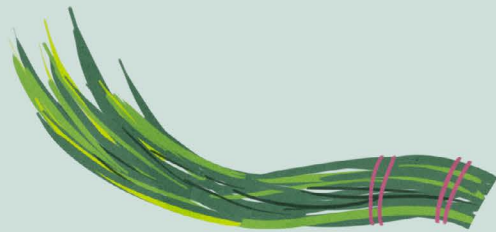
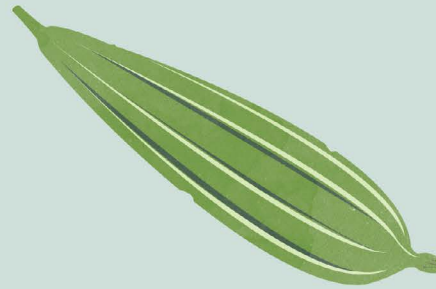
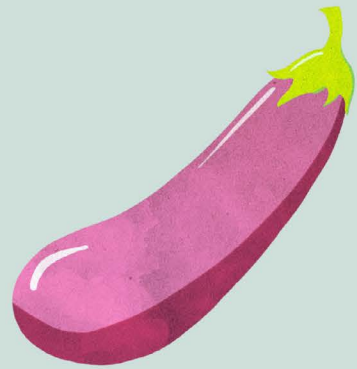






# Site 3

(these are some of the crops on this site! click on the icons to learn more about them!)



Welcome to the third site of the ISO's Urban Gardening Project! Aside from the different crops planted here, this site also includes two Vermicast beddings.

The purpose of these beddings is mainly to cultivate worm castings, as these may be used as fertilizers that can enrich the soils being used in these Urban Gardens. These beddings include dried leaves and food wastes, as well as the consumers of the former--the earthworms, which will later on produce the castings as a result of their consumption.

In order to 'harvest' the outputs of these beddings, a drum is buried beneath this site!





# The Vegetables



# Ampalaya

## Intro

1

Ampalaya, also known as bitter gourd, is an annual plant that is native to the Philippines. The immature green fruit of this plant, eaten as a vegetable is usually what we refer to as the Ampalaya.

2

## Growing & Harvesting

Ampalaya would normally take 5-10 days to germinate. Upon reaching 45 days after transplanting, it will soon start to flower and can be harvested upon reaching approximately 60-70 days.

## Needs & Caring

3

Ampalaya requires a good amount of sunlight and water. It is ideal to place it in well-drained soil and when the plant reaches about 3-5 inches tall, place it in a spot that is fully exposed to the sun.

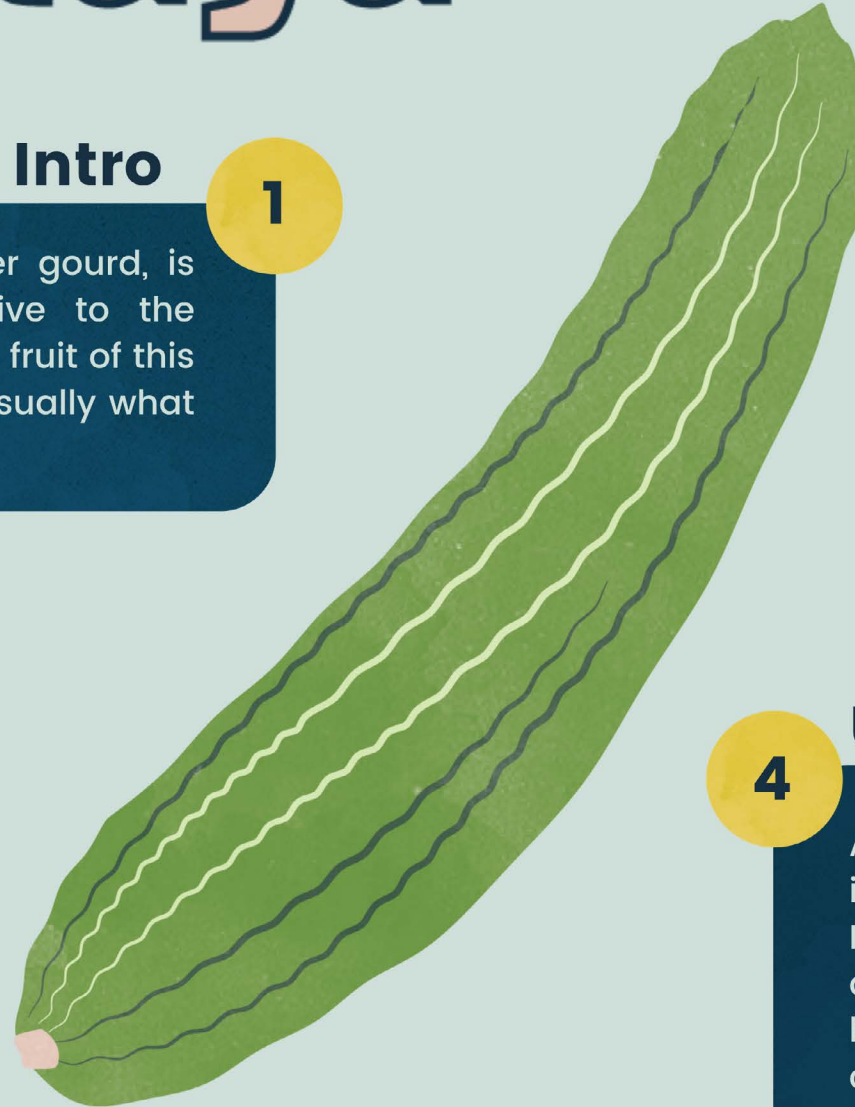
To prevent root rot, a tray-watering system can be a good option for taking care of Ampalaya. This is done by placing water in a tray and allowing the water to seep into its roots.

4

## Uses

Ampalaya is very rich in nutrients such as iron, calcium, phosphorus and Vitamin B. Its leaves can lower the blood sugar among diabetics while the leaf juice can be a good antitussive, which can stop coughing.

A common dish that you can try are stir-fry Ampalaya as well as Pinakbet.







# Patola

## Intro

1

Patola, also known as Sponge Gourd, is an annual herbaceous vine. It is cultivated primarily for its edible fruit, and is endemic to southeast Asia.

## Growing & Harvesting

2

After sprouting and subsequent transplanting, Patola typically takes 60 to 70 days of growth before it is ready for harvesting.

## Needs & Caring

3

Being a vine, it is grown on a trellis for support, and requires much heat and water. During growth, the vine's lateral stems may be pruned to control the development of fruit and flowers.

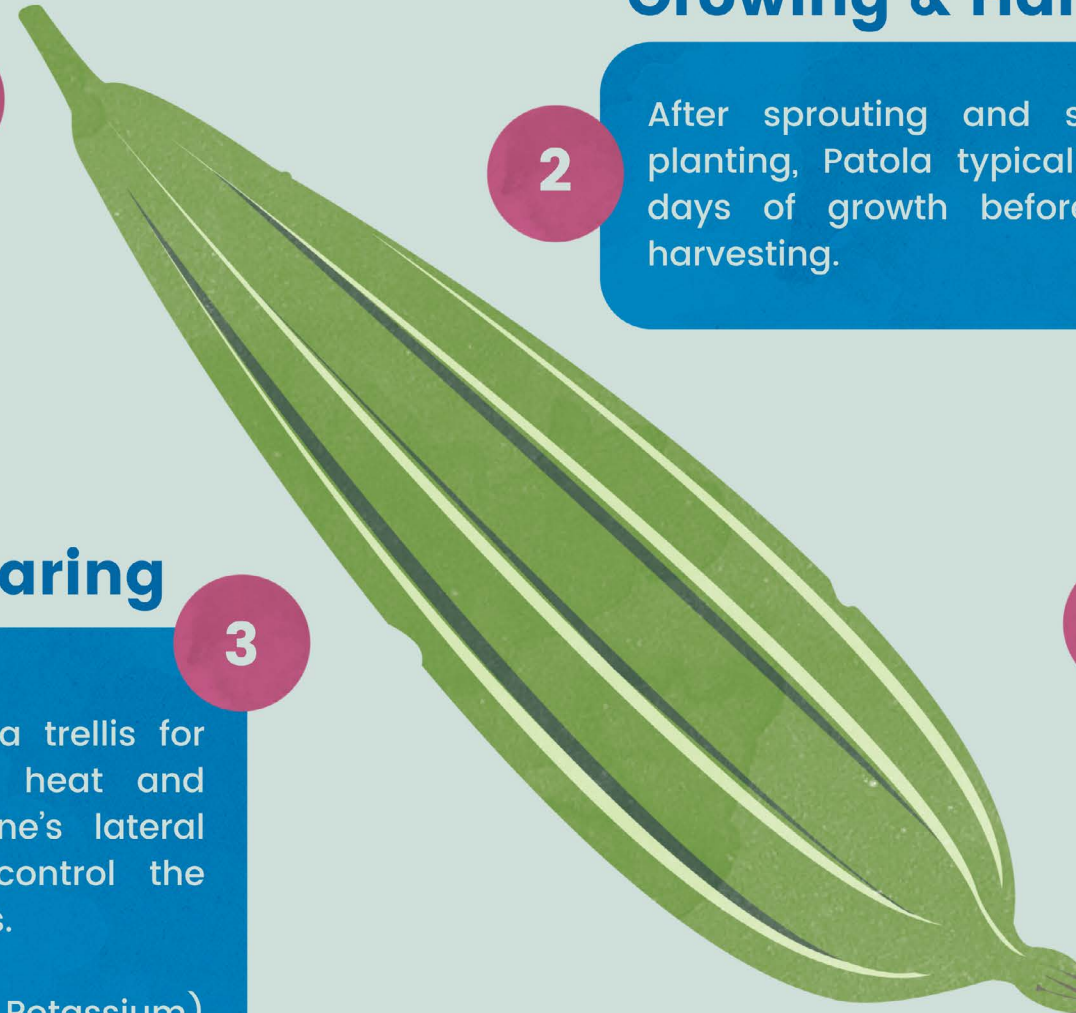
NPK (Nitrogen, Phosphorus, and Potassium) Fertilizer may be used to enhance growth.

## Uses

4

The young Patola fruit is edible and is commonly used in many Filipino dishes (e.g. Ginisang Patola, Misua, etc.) It is a rich source of calcium and iron.

Fully ripened fruit is inedible, but fibrous, making it useful for making natural scrubs and sponges, which is where it gets the name 'Sponge Gourd'.







# Sitaw

## Growing & Harvesting

2

Green beans have two distinct growth habits. Some variants grow as short bushes, while some grow as a vine. Bush type beans begin producing fruit in 50–55 days, while pole beans can take up to 65 days.

Bush beans produce quickly, then stop, making it favorable for commercial farms. On the other hand, pole beans produce slowly but continuously.

## Uses

4

Sitaw contains vitamin C and antioxidants, and is also a good source of fiber, making it beneficial for the digestive system.

Sitaw is used in many local recipes, such as in adobo, where it is cooked in soy sauce, vinegar, and pepper, and is commonly accompanied with pork.

1

## Intro

Sitaw, also known as green beans or Baguio beans, are the young, unripe fruit of common beans. Green beans come in different varieties, depending on the cultivar of the common bean that it is harvested from.

## Needs & Caring

3

Bush beans can be grown in rows, with seeds spaced 2–3 inches apart. Pole beans require a trellis or pole for support, with 3 to 4 seeds planted for each pole.

Sitaw require plenty of sunlight, but can stop producing in extreme heat. They are best planted in mildly acidic soil, and need weekly watering for the best yield. Green beans are usually grown in higher elevations, as they require relatively cooler temperatures (18–29°C).







# Kangkong

## Growing & Harvesting

2

Kangkong is ready for harvesting about 45 days after seedling. Pick off the top shoots, and leave about 2 inches off the lower stem. This will help promote growth for later harvest.

## Uses

4

Low in calories and fats, kangkong leaves carry a lot of vitamins and antioxidants, such as Vitamin C and K. They are also a good source of iron and calcium.

Kangkong can be eaten either raw or cooked. Raw, 100g of the leaves can provide 92% of the required daily Vitamin C amount.



## Intro

Common throughout Southeast Asia, Water Spinach, locally known as Kangkong, is a semi-aquatic plant, and is similar to watercress in appearance.

1

It features smooth, hollow stems, and arrowhead-shaped leaves which grow from stems normally held above the water line in the area it's grown in.

Another variant is also grown on moist soil only

## Needs & Caring

3

Best in warm and humid settings, kangkong grows best in wet and moisturized soil, as well as a lot of sunlight.





# Okra

## Growing & Harvesting

Around 2 months after planting, Okra plants will produce large flowers. 3 to 4 days after this, the Okra pods can be harvested.

Each pod should be around 3 to 4 inches long before harvesting. Harvest the pods every 1 to 2 days so as to not decrease the yields.

After the first harvest, remove the lower leaves to help speed up production.

## Uses

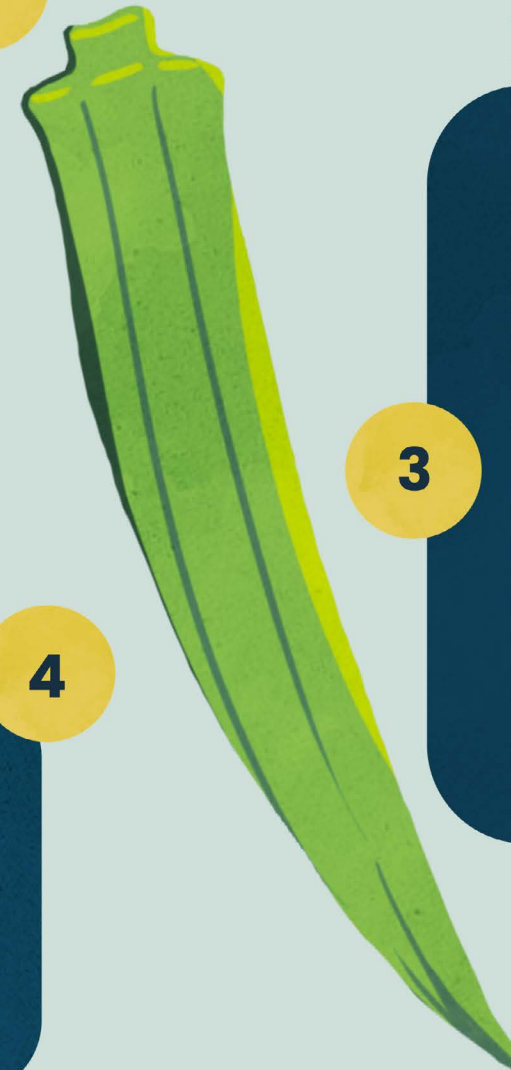
Okra is rich in fiber and is low in calories.

Okra is high in vitamins A, C, and K, as well as several antioxidants such as beta-carotene, xanthin, and lutein.

Okra has different B-complex vitamins, including niacin, thiamin, pyridoxine, and pantothenic acid.

## Intro

Okra is the seed pod of the *Abelmoschus esculentus* plant. It is filled with tiny white seeds and is known for its slimy texture. It is also commonly known as the lady's finger due to its long, slender, tube-like shape.



## Needs & Caring

Being a warm-weather crop, Okra needs full sunlight.

Okra is adaptable and will grow in most soils, though it grows best in well-drained soil that is acidic and rich in organic matter.

Plant okra seeds about ½ to 1 inch deep and 12 to 18 inches apart in a row. Seeds can be soaked overnight in lukewarm water to help speed up germination.

1 inch of water per week is ideal for the Okra plants





# Pechay

## Intro

Pechay, also known as Bok Choy or Pak Choi, is a type of Chinese cabbage. It is popular among most Asian countries, especially southeast China, east Asia, and southeast Asia.

1

## Needs & Caring

Pechay requires well-draining soil, as it also needs consistent watering. It prefers cooler temperatures, but overly low temperatures can also negatively affect growth.

Pechay grows best in soil rich in potassium, nitrogen, and phosphorus. Adding compost and organic fertilizer before planting also benefits the crop.

3



## Growing & Harvesting

Pechay is typically grown in cooler regions. After 45 to 60 days, they are ready for harvest. Harvested pechay can resprout, allowing for multiple harvests.

2

## Uses

Pechay is naturally rich in vitamin A, C, and K, and also provides a moderate amount of vitamin B6 and calcium. It also contains folate, which can prevent the growth of cancer by repairing DNA.

It is a staple of Chinese cuisine, often used in soups and stir-fries, as well as filling for spring rolls, steamed buns, and dumplings.

4





# Eggplant

## Intro

1

Eggplants are best harvested young; usually it takes 60–85 days from a seedling, and 100–120 days from a seed

## Needs & Caring

3

Eggplants love the hot weather. In planting, keep them in an area where they can get full sunlight. Water regularly to keep the soil moist.

Stake the plant to keep them steady when they grow.

If transplanting, set 3- to 4-inch tall seedlings 2 to 2½ feet apart in rows that are 3 to 4 feet apart.



2

## Growing & Harvesting

Eggplants are also known as Aubergine or Brinjal. They are normally used as vegetables in the kitchen but are actually classified as fruits. They are usually big and dark purple but these attributes can vary as they can also be oblong, long and thin, with shades of purple, white, or green.

4

## Uses

Eggplants contain manganese (10% of your daily intake), and small amounts of potassium, vitamin K, vitamin C, vitamin B6, niacin, copper, and magnesium. It is also a good source of fiber which is beneficial for healthy weight maintenance.

You can fry, bake, boil, or grill eggplants. Some Filipino recipes that include eggplants are: Tortang Talong (Eggplant Omelet), Pinakbet, Adobo Eggplant, or Eggplant with spicy garlic sauce



# ← Kalabasa

## Intro

1 Kalabasa or 'Squash' has several variations including Summer squashes (such as zucchini) and Winter squashes (like pumpkins, for example).



## 2 Growing & Harvesting

Summer Squashes take about 60 days to grow, while winter squashes take about 80-110 days.

## 3 Needs & Caring

Kalabasa requires being planted in a location that has proper access to sunlight. Seasoned manure or finished compost is also helpful in growing Kalabasa healthily.

As for water, Kalabasa needs to be watered to a depth of 6 inches once or twice a week.

## 4 Uses

Kalabasa is rich in vitamin B. It also contains other nutrients such as calcium, phosphorus, Iron and Vitamin A.

Ginataang Kalabasa is an example of a well known dish made with this vegetable, given its versatility. It can be made with Malunggay, Shrimp, Chicken, Sitaw and more.



# Thank You!

GROUP 4 ARTS 181A-Q4



# References

## Kalabasa

- a. Miranda, R. (2019). All The Gata + Kalabasa Recipes You Need. Yummy.PH. Retrieved May 11, 2021 from [https://www.yummy.ph/lessons/cooking/gata-kalabasa-squash-recipes-a00249-20190817-lfrm?ref=article\\_related](https://www.yummy.ph/lessons/cooking/gata-kalabasa-squash-recipes-a00249-20190817-lfrm?ref=article_related).
- b. Growing Squash: How to Plant, Grow, Harvest, and Store. EarthEasy. Retrieved May 11, 2021 <https://learn.eartheasy.com/guides/growing-squash-how-to-plant-grow-harvest-and-store/>
- c. Richford, N. (n.d.) How to Grow Kalabasa Philippine Squash. Hunker. Retrieved May 11, 2021 from <https://www.hunker.com/13406992/how-to-grow-kalabasa-philippine-squash>.

## Patola

- a. Stuart , G. U. (2015, November). Philippine Medicinal Plants: Patola. StuartXchange . Retrieved May 10, 2021 from <http://www.stuartxchange.com/Patola.html>.
- b. V., H., G., T., & F., L. (2017). Luffa (Luffa aegyptiaca). Feedipedia. Retrieved May 10, 2021 from <https://www.feedipedia.org/node/626>.

## Sitaw

- a. Brennan, D. (2020, November 7). Green Beans: Health Benefits, Nutrients, How to Prepare Them, and More. WebMD. Retrieved May 10, 2021 from <https://www.webmd.com/diet/health-benefits-green-beans#1>.
- b. Iannotti, M. (2020, September 22). How to Grow Your Own Green Beans. The Spruce. Retrieved May 10, 2021 from <https://www.thespruce.com/how-to-grow-green-beans-1403459>.

## Eggplant

- a. Boeckmann, C. (n.d.) Growing Eggplants: Planting, Growing and Harvesting Eggplants. The Old Farmer's Almanac. Retrieved May 11, 2021 from <https://www.almanac.com/plant/eggplants>.
- b. Ellis, M.E. (n.d.) Growing Eggplants: How To Plant Eggplant In The Garden. Gardening Knowhow. Retrieved May 11, 2021 from <https://www.gardeningknowhow.com/edible/vegetables/eggplant/growing-eggplant.htm>.
- c. Cervoni, B. (2020). Eggplant Nutrition Facts and Health Benefits. VeryWellFit. Retrieved May 11, 2021 from <https://www.verywellfit.com/eggplant-nutrition-facts-calories-and-health-benefits-4118571>.



# References

## Ampalaya

- a. Farlex. (n.d.). Ampalaya. The Free Dictionary. Retrieved May 11, 2021 from <https://www.thefreedictionary.com/Ampalaya>.
- b. Rontas, D. Y. (n.d.). Ampalaya. AgFishTech Portal. Retrieved May 11, 2021 from <https://www.bar.gov.ph/index.php/agfishtech-home/crops/207-vegetables/1285-ampalaya#:~:text=Bitter%20gourd%2C%20which%20is%20known,supply%20of%20vitamins%20and%20minerals>.
- c. MNLGrowkits. (n.d.). How to Grow Your Own Ampalaya. MNLGrowkits. Retrieved May 11, 2021 from <https://www.mnlgrowkits.com/blogs/tips/how-to-grow-ampalaya>.
- d. Tacio, H. D. (2010, February 26). Health Benefits of Bitter Gourd or Ampalaya. Gaia Discovery. Retrieved May 11, 2021 from <https://www.gaiadiscovery.com/food-healthy-living/health-benefits-of-bitter-gourd-or-ampalaya.html#:~:text=The%20leaf%20juice%20is%20supposedly,can%20supposedly%20alleviate%20liver%20problems>.

## Kangkong

- a. KangKong Leaves. Specialty Produce. Retrieved May 12, 2021 from <https://www.nutrition-and-you.com/kangkong.html>.
- b. What is KangKong? Panlasang Pinoy. Retrieved May 12, 2021 from <https://panlasangpinoy.com/what-is-kangkong/>.
- c. Kangkong (water spinach) Nutrition facts. Nutrition and You. Retrieved May 12, 2021 from <https://www.nutrition-and-you.com/kangkong.html>.

## Okra

- a. Vinje, E. (n.d.) Here's how to grow a little down-home flavor in a heat-loving, sun seeking package!. Planet Natural Research Center. Retrieved May 12, 2021 from <https://www.planetnatural.com/growing-okra/#:~:text=The%20plants%20often%20grow%20four,after%20a%20week%20or%20more>.
- b. The Old Farmer's Almanac Editors. (n.d.) Growing Okra: Planting, Growing and Harvesting Okra. The Old Farmer's Almanac. Retrieved May 12, 2021 from <https://www.almanac.com/plant/okra>.
- c. Masabni, J. (n.d.) Okra. Texas A&M Agrilife Extension. Retrieved May 11, 2021 from <https://agrillifeextension.tamu.edu/library/gardening/okra/>.
- d. Nelson, C. (2020, July 4). What Is Okra?. The Spruce Eats. Retrieved May 12, 2021 from <https://www.thespruceeats.com/using-okra-2138096>.

## Pechay

- a. Iannotti, M. (2020, August 12). How to Grow Bok Choy. The Spruce. Retrieved May 19, 2021 from <https://www.thespruce.com/how-to-grow-bok-choy-4125560>.
- b. MediLexicon International. (2018). Bok choy: Benefits, nutrition, diet, vs spinach, and risks. Medical News Today. Retrieved May 19, 2021 from <https://www.medicalnewstoday.com/articles/280948#benefits>.