

# Greenscape

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May 2021





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Cover by **CARMELA MASIGLAT**



# ISO and the rise of urban gardening

Written by **CARMELA MASIGLAT**

Urban gardening is said to help people appreciate food better and also address the issues on food security. For the World Wide Fund Philippines, this practice also helps reduce pollution while democratizing agriculture for consumers. According to WWF-Philippines Sustainable Food Systems Program Manager Moncini Hinay: “Everyone deserves to have enough to eat. What urban container gardening is all about is making agriculture accessible and doable for everyone.” This goes the same for the Institute of Social Order (ISO) and their mission.

At the core of ISO’s advocacies is the mission to “promote faith that does justice through grassroots empowerment; transformation of the unjust structures or power in the country, and reconciliation with creation;” and moved to address the issues brought by climate change, the ISO Garden site was born. The site was started in the middle of the pandemic, in

which the rise of urban gardening was introduced to many Filipinos.

The in demand activity of planting and gardening poked on the ISO’s curiosity to utilize the growing plants around the ISO’s backyard and remains to be an on-going project until today.

The project started with the simple cleaning of the garden and scraps to use to prepare the soil for gardening. Because of the excess of fruits and vegetables available in the area, it also helps the project heads in composting, then the whole process of planting and harvesting enters.

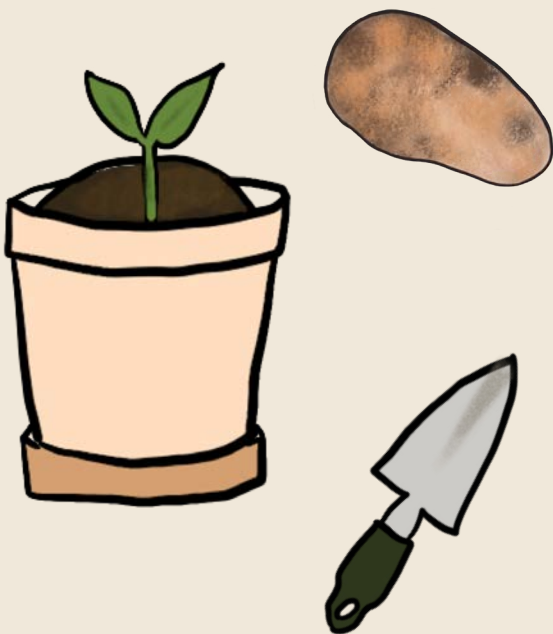
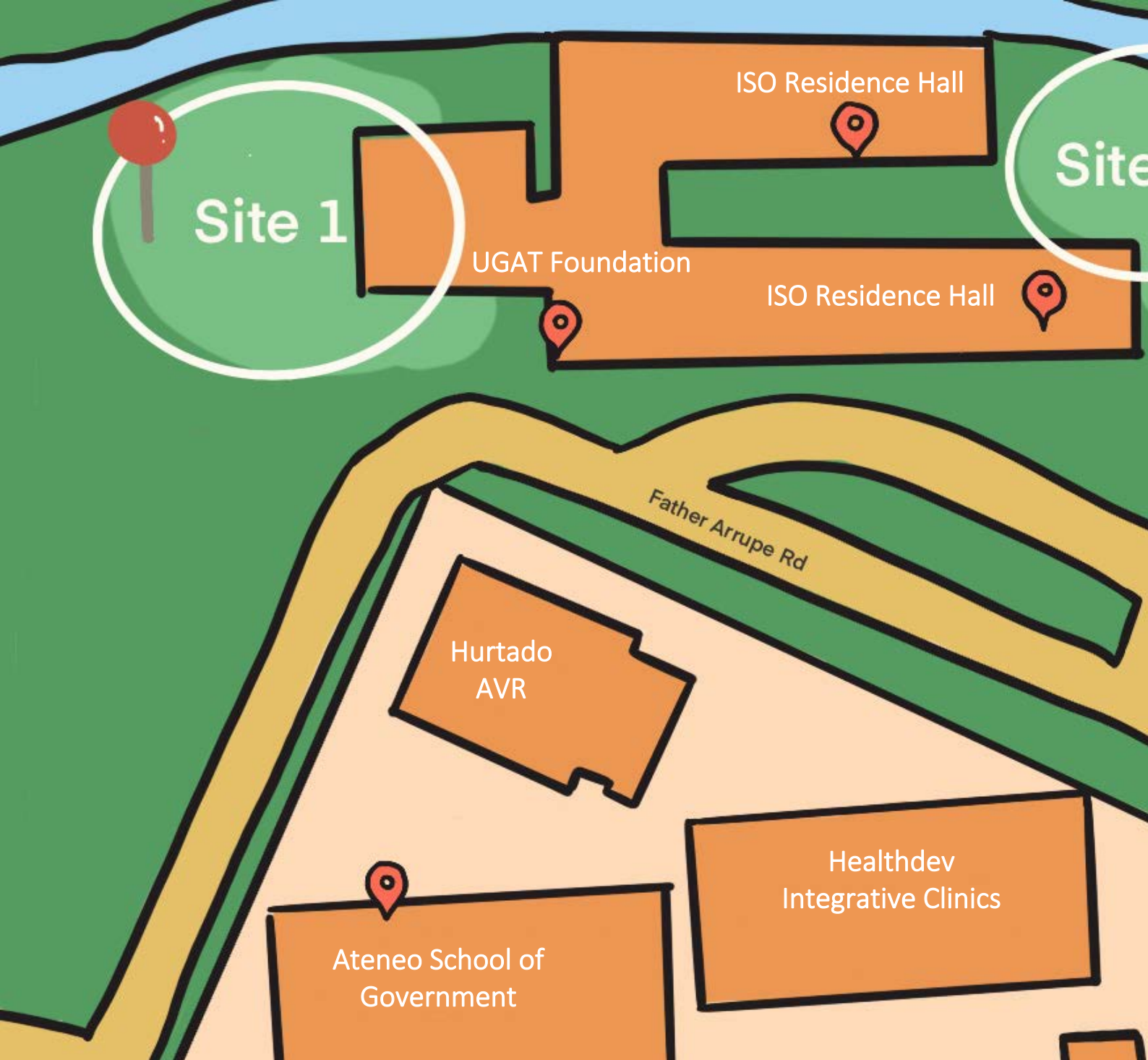
With the lack of dormers and income coming in, the project also allows the team to sell their harvest to staff and other offices. This was mostly helpful during the period in which people were not allowed to leave the ISO premises due to

COVID-19. Other harvests left unsold are also cooked to ensure nothing goes to waste.

When it comes to challenges, the current situation of the project requires a lot of site selection concerns to avoid contamination and how healthy the soil is. However, the team remains hopeful in the capability to successfully address these concerns and execute the project properly.

When asked about the long-term vision of the project, the team is quite uncertain if it will end once on-site classes return. Nonetheless, the team hopes that many other people and organizations follow suit with their project and find the beauty in urban gardening. Not only a new and productive way to spend quarantine, but also open doors in emphasizing the impact of personal lifestyles in creating a healthier and sustainable planet to live in.





# ISO Garden

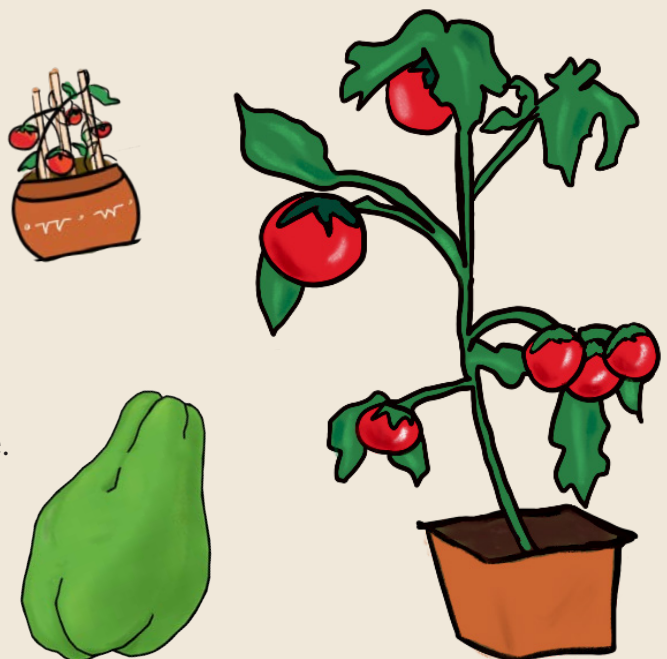
You may visit and explore the 3 different garden s  
Each site grows d



Illustrations by **NOELLE HO AND NICOLE TENG**

# Site Maps

visiting sites of ISO's project by referring to the map here. Different produce!





# Starting you urban garden journey



Written by **CARMELA MASIGLAT**  
Illustration by **NOELLE HO**

Urban gardening has recently made a rise in popularity during the pandemic. With everyone being at home, the majority of people have looked into recreational activities like planting and gardening as their quarantine hobby. Starting one's personal urban garden is possible for anyone even if you might not be the best at it.

**Know what you can and cannot do.** Not everyone is born with a green thumb, but we can practice ourselves in having one by figuring out what kind of urban gardening fits our capabilities. If you're quite lazy or busy with other tasks, get plants that are low-maintenance. If you want to get busy, look into plants that need a lot of watching over so that you can spend more time attending to them.

**Do your research.** It's best to figure out what kind of plants can work around your environment. Not all plants can thrive in the same environment.

With that in mind, it's best to look up what kind of plants you should start off. It's best to look into indoor plants if you have no outdoor space. You can also look into what plants need a lot of watering, plants that might not be safe for pets, and what kind of care specific plants would need.

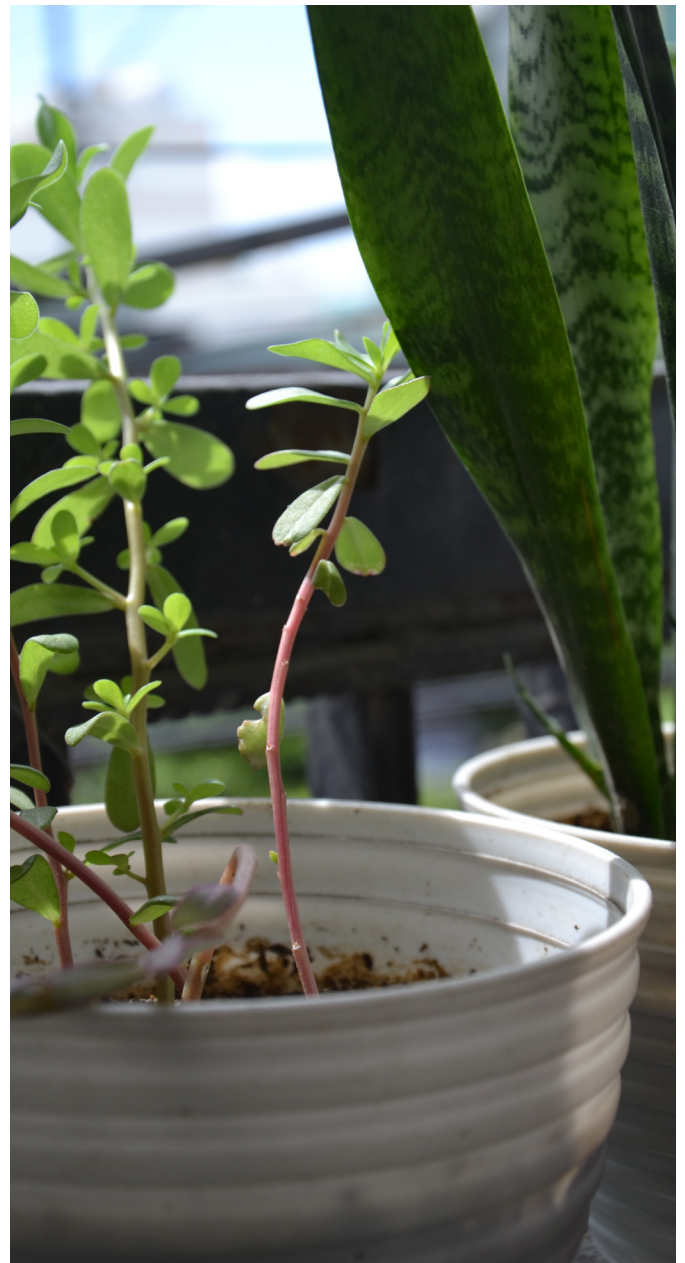
**Gather the essentials.** Now that you're all set with basic information, it's good to start looking into the items you'll need. You don't have to buy a lot of different items. A lot of the time, you can reuse household items as pots or shovels like plastic bottles or old egg carton boxes. If you would like to buy, it's best to support small and local farmers or gardeners. You can find them online too!

**Be patient.** Finally, it's important to remind ourselves that every new hobby takes time. For gardening, it takes a lot of learning to achieve the ultimate badge of being a plantito and plantita.



Think of it as a long-term investment that not only helps you, but mother earth too!

Gardening is not easy, but that shouldn't stop you from starting your journey. Along with ISO's project, we can all help start the sustainable journey of starting our own gardens and find appreciation for such practice that can also help the world in the long run.





# Feng Shui Plant Placements in a Home



Written by **KATHY CHANG**  
Illustrations by **MARTINA BALANZA**  
Bagua Map by **KATHY CHANG**

Looking to spice up your space and improving flow, productivity and positive energy while working from home? Feng Shui Plant Placements is the way to go. Easily done from growing your own plants/trees through urban gardening and utilizing minimal space in your own home. The question is, you'll eventually have to find a good spot for these plants. This article will discuss some good and bad feng shui plants and where they should be placed in order to cultivate an environment that is supportive and nurturing in your homes.

## 5 GOOD FENG SHUI PLANTS

### 1. Money Tree

The money tree, also known as the Pachira aquatica, is one of the most common and famous types of plant used for good feng shui. In some occasions, they are also often used as a gift perhaps to someone that has recently started a new job or started a business. This is done so because in feng shui practices, the money tree is known to bring about wealth and abundance into a home and in a person's life. This Tree is best placed in the southwest area of the home, where the placement of wealth is in the bagua energy map (will discuss further into the article).

### 2. Jade Plants

Similar to the money tree, these Jade plants (Crassula ovata) bring an abundance of wealth into your home. It is known and recommended to have as many jade plants in your home as possible because the leaves look like and resemble that of coins. Placed commonly in wealthy portions of your home and are often used as lucky charms.

### 3. Rubber Tree

In need of cleansing? The Rubber Tree (Ficus elastica) is known to drive away toxins and bring about prosperity. This tree is commonly placed in a home in order to pull in positive energies and acts as a calm and relaxant. They are commonly placed in the southeast and east areas of the home and some say it's best placed in the dining area. You may also choose to place them in wealth areas of the home if you wish to bring about prosperity and wealth. This tree is great, but you will also need to consider the placement wherein the plant is able to thrive in. Rubber trees need proper care such as a lot of sunshine, watering, and enough room to grow.

### 4. Monstera

A very beautiful and photogenic plant that belongs in your home as they cultivate personal and professional growth. In the Chinese culture, Monstera represents that of long life and respect. They are commonly placed in a house in order to cultivate happiness within a home and also to fulfill big dreams.

### 5. Snake Plant

Commonly placed near the front door, doorstep or a big window, this plant serves as a protector hence the sword-like and tall features. Snake plants also known as Sansevieria trifasciata help purify the air and drive away unwanted energies away from the home. Can also be placed in work spaces or offices as they cultivate productivity and focus energy into a space.

### 3 BAD FENG SHUI PLANTS

#### 1. Sharp-edged plants

These sharp-edged plants are what you do not want in your home, as they represent sharp energy and in the Chinese language called “Sha qi”. This is known to lead to misfortune and bad luck and cause chaos in a home. An example of this would be a cacti and can only be placed if necessary and are small. Although it is better to opt for softer and heart-shaped plants, they should be placed in order to cultivate an environment that is supportive and nurturing in your homes.

#### 2. Fake plants

These sharp-edged plants are what you do not want in your home, as they represent sharp energy and in the Chinese language called “Sha qi”. This is known to lead to misfortune and bad luck and cause chaos in a home. An example of this would be a cacti and can only be placed if necessary and are small. Although it is better to opt for softer and heart-shaped plants, they should be placed in order to cultivate an environment that is supportive and nurturing in your homes.

#### 3. Dying plants

This one is quite obvious, who would want a dead or dying plant in their space? It would not cultivate any type of positive energy if it is dying. You may try to care for it and nurture it back but if it is truly dead, maybe it's time to get rid of it and find a new plant that can thrive in that places.



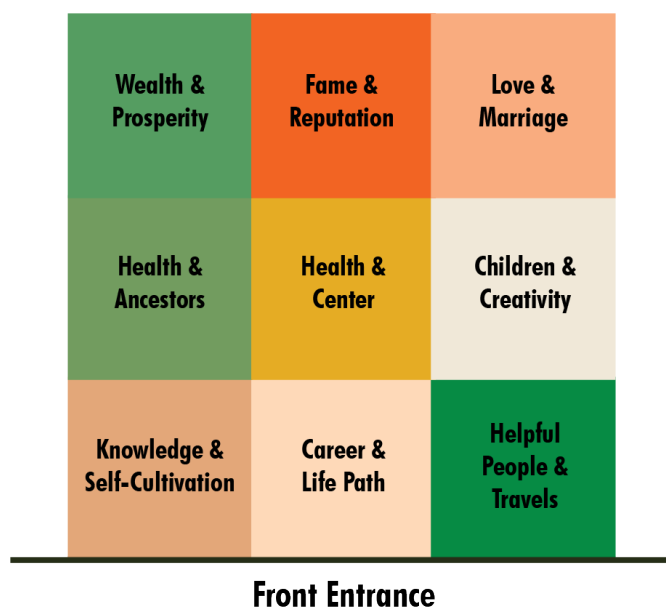
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### WHERE TO PLACE YOUR PLANTS TO PULL IN HARMONIOUS ENERGY INTO A HOME AND SPACE

Now that you know some of the good and bad feng shui plants, it is time to find a perfect spot for them. Before placing them into an area, you may want to consider what the plant needs, perhaps a lot of sunlight or enough space to grow into. It is necessary to consider placing them in a space that they can thrive in.

After considering these factors, it is best to place plants in key areas that cultivate a welcoming environment. For example, the living room, dining room, and the main entryway. These are just some of the areas that plants are commonly placed in, although if you are hoping to cultivate a certain type of energy you may consult a Bagua Energy Map (feng shui energy map) where it divides your home into 9 different spaces.

Refer to the image below shows the bagua energy map and it helps you decipher which part of your home cultivates a certain energy.



# 5 Gardening Tips to Maximize & Style Your Small Space

Written & illustrated by **NOELLE HO**

There is no doubt that people have been exploring new hobbies as a past time during this pandemic and one of those would be gardening. Personally, growing plants in our home has definitely helped in transforming our spaces at home to become more solemn and peaceful, in fact, these spots have become some of my favorite go-to areas to destress after a long and tiring day. Not only this, but most importantly, it has also allowed our family and many individuals to grow fresh food on their plates.

However, gardening may seem intimidating if you have a limited space, but there are actually numerous ways you can still develop your own green thumb even at your small outdoor spaces at home. Here are some tips on how you can smartly arrange your plants to maximize space while being creative in making it look pretty!

## 1 KNOW YOUR AREA AND CHOOSE WHAT TO GROW

It's best to first take a look at possible areas to grow your greens! Just make sure it has access to sunlight, water, and good soil.

## 2 HANG THEM UP

Another way to save some space is by hanging your plants on areas where you can hook them!

### DESIGN TIP:

You can use Macrame Plant Hangers, an instant piece to elevate your space!

Reusing coconut shells as plant baskets is a creative and resourceful way to go!



## IMPORTANT!

Fruiting plants like tomatoes & peppers work best starting at 5-gallon containers—or go larger, if possible.



## CROPS IN POTS

THYME



BASIL



ROSEMARY



PEPPER

TOMATO



ONION



### 3 GROW IN CONTAINERS

Don't have a garden? No problem! There are many edible crops and herbs you can grow in pots to save space.

#### DESIGN TIP:

You can even create your own clay pots and decorate them to add a more personal feel to it. Check page 20 to learn how.

### 4 ARRANGE THEM VERTICALLY

Vertical Gardening will definitely save you up some space. You can do this by having built-in shelves or a movable storage rack where you can place your potted plants.

Another great alternative would be a multiple pocket hanger which can be made from recycled material like canvas or felt.



### 5 USING RAISED BEDS

This perfectly fits limited rooms because these allow you to maximize space while yielding a great amount of harvest! You can also place them anywhere, even on pavement.

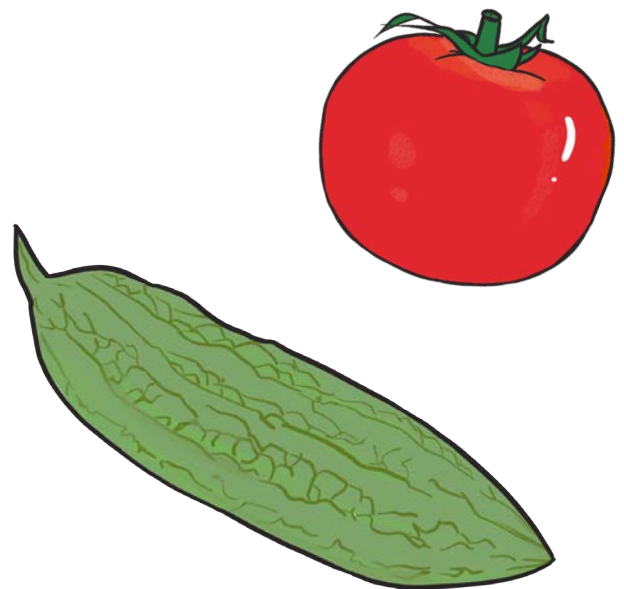


# Recipes for vegetables grown in an urban garden

Written by **NICOLE TENG**  
Photos and illustrations by **NICOLE TENG**



Ginisang Ampalaya (Sauteed Bitter Melon) is an easy and simple Filipino dish that can be served at any time. The ingredients are found in every Filipino home's kitchen and cooking it is as easy as preparing the ingredients and sauteeing them all together!



## Recipe 1: Ginisang Ampalaya

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Servings: 4

### Ingredients

- 2 pieces ampalaya cleaned and cut into thin slices
- 1 tbsp garlic minced
- 1/2 tsp ground black pepper
- salt to taste
- 2 raw eggs
- 18 ounces luke warm water
- 1 large tomato sliced
- 3 tbsp cooking oil

### Instructions

1. Place the ampalaya in a large bowl.
2. Add salt and lukewarm water then leave for 5 minutes.
3. Place the ampalaya in a cheesecloth then squeeze tightly until all liquid drips.
4. Heat the pan and place the cooking oil
5. Saute the garlic and tomato.
6. Add the ampalaya mix well with the other ingredients.
7. Put-in salt and pepper to taste.
8. Beat the eggs and pour over the ampalaya then let the eggs cook partially.
9. Mix the egg with the other ingredients.
10. Serve hot. Share and Enjoy!



Sinabawang Talbos ng Kamote (Sweet Potato Tops Soup) is a dish that can be served especially when you're craving for a soup dish to go with your meal. It's a perfect pair together with the ampalaya and perhaps any other Filipino dish you plan to eat for lunch or dinner!

### Recipe 2: Sinabawang Talbos ng Kamote

Prep Time: 15 minutes

Cook Time: 12 minutes

Total Time: 27 minutes

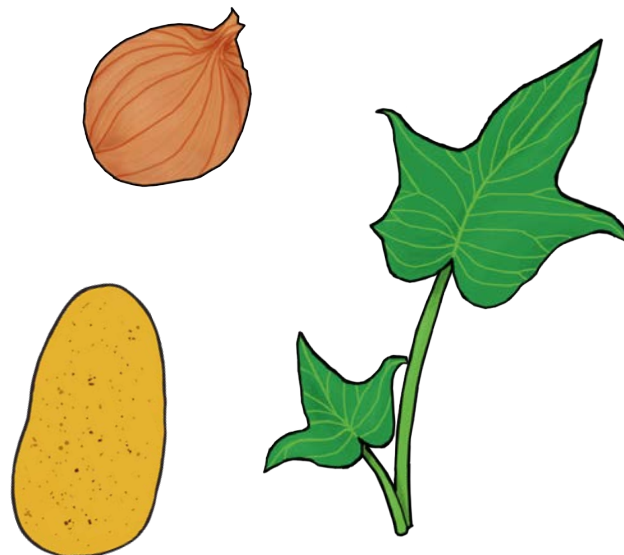
Servings: 2-3

### Ingredients

- 1 bunch of sweet potato tops
- 3 tbsp bagoong monamon
- 2 medium tomatoes, chopped
- 1 red onion, chopped
- juice from 6–7 pcs calamansi or 2 lemons
- 3 cups water
- Freshly ground black pepper

### Instructions

1. In a pot combine all ingredients apart from the sweet potato tops, bring it to a boil then simmer for 5 minutes
2. Add the sweet potato tops then simmer for 2 more minutes.
3. Season with freshly ground black pepper then serve!



Hey Nicole!

Did you know that you could actually make use of the food scraps you have left after all the cooking to grow in your own garden? Making use of these effectively even allows us to reduce our carbon footprint while being able to save money as we can grow and nourish our own harvests!

### Direct Soil Feeding

Egg shells and used up lemons can actually be used as fertilizers to nourish your soil and provide healthy food for your crops!

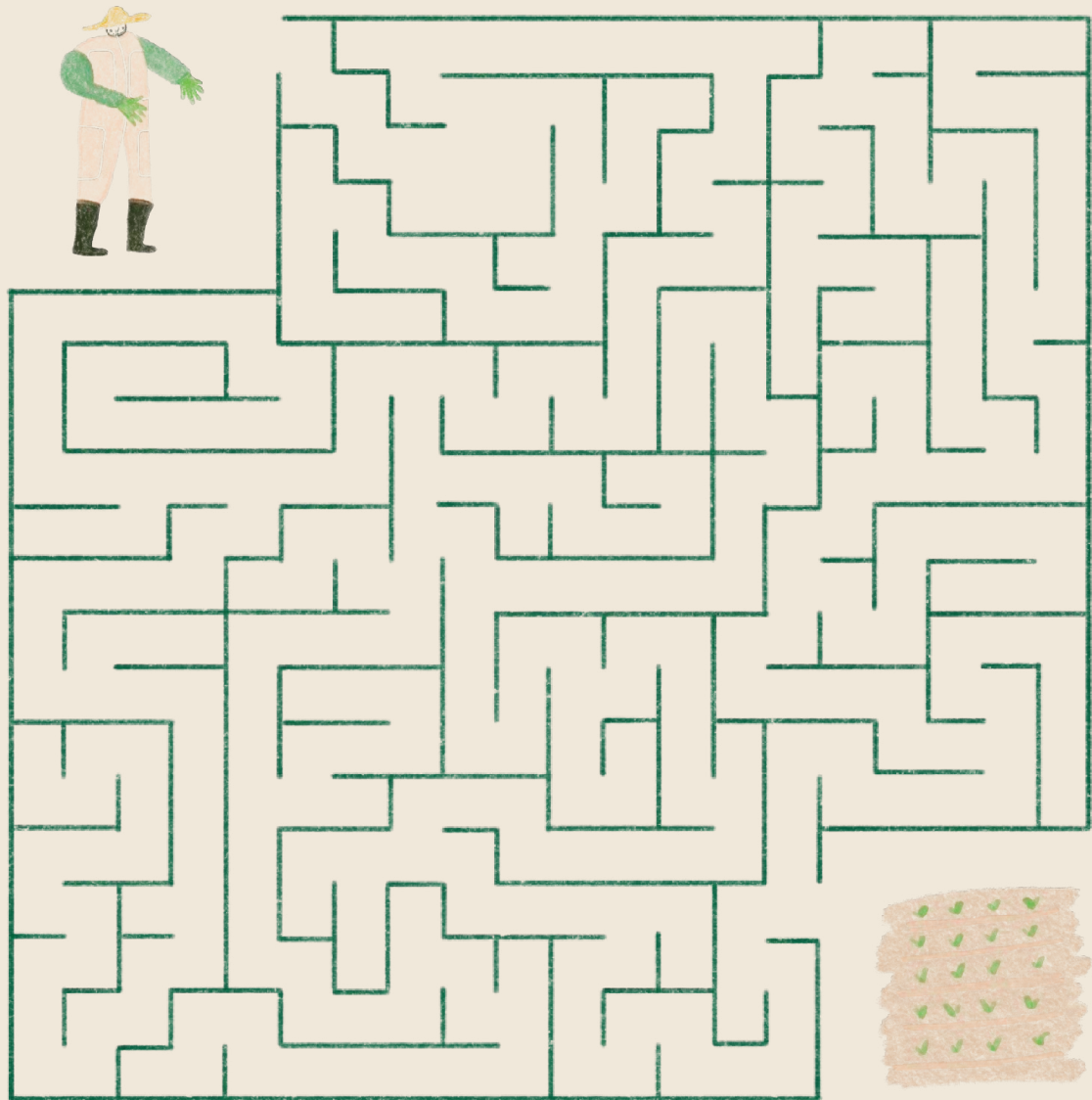
### Natural Pest Sprays

Ends of spicy peppers and onions, as well as garlic, can actually be used as smelling sprays to keep pests away!

### Growing New Crops

You can actually use cut sweet potatoes, place them in a water with sticks poked half-way on both ends where roots and stems will begin to grow. Slips will begin growing from the roots which can eventually be planted in soil then grow more sweet potatoes. Besides sweet potatoes other vegetables you can regrow include ginger, garlic, onion, and leeks.

Help the gardener reach his urban garden!



Activities by **KATHY CHANG**



# Guess the vegetable

 +  = ?

 +  = ?

 + T + S = ?

 +  = ?

B +  +  + E = ?

 +  + E + S = ?

Answer key: Bell Pepper, Eggplant, Beets, Carrot, Broccoli, Cabbages

## Urban Gardening

A	A	S	A	S	A	O	R	S	A	I	T	A	A
I	M	K	I	S	O	L	O	R	T	I	R	P	F
I	S	P	A	B	I	S	O	S	R	I	L	A	E
A	I	F	A	M	U	I	T	N	O	A	A	M	R
V	L	E	R	L	A	Y	S	N	N	I	Y	G	T
E	I	O	S	O	A	T	A	T	L	A	L	A	I
G	A	E	T	P	L	Y	I	S	P	T	S	R	L
E	T	O	Y	A	S	N	A	S	A	A	A	D	I
T	O	T	A	Z	G	R	Y	A	T	L	T	E	Z
A	S	G	A	A	K	S	T	A	O	A	V	N	E
B	S	A	A	O	I	P	T	G	L	E	A	I	R
L	A	O	A	N	L	A	T	S	A	Y	A	N	A
E	A	P	R	A	P	I	E	R	A	B	G	G	L
S	T	L	T	P	P	L	A	N	T	S	I	N	I

SIBUYAS  
PLANTS  
GABI  
SILI  
OKRA  
SOIL  
PATATAS  
ROOTS  
PATOLA  
KAMATIS  
SAYOTE  
GARDENING  
PLANTING  
FERTILIZER  
AMPALAYA  
VEGETABLES

Play this puzzle online at : <https://thewordsearch.com/puzzle/2404243/>



# A Sustainable Imprint

Written by **MARTINA BALANZA**  
Photos by **MARTINA BALANZA**

Fruit and vegetable prints are a fun, easy and inexpensive way to create prints and introduce children to printmaking. For many, their first experience with vegetable prints is in their elementary years, when teachers are familiarizing students with vegetables and basic painting techniques. Fruits and vegetables are ideal for this type of printmaking since using leftover unprepared vegetables or scraps (like the ½ onion laying in your fridge) is very sustainable.

A general formula for this project is produce + pigment + technique. Tips and techniques will be listed below to enhance the look of your final prints. Don't be afraid to experiment!

## FRUITS AND VEGETABLES

For choosing fruits or vegetables, as you will usually be cutting the fruit into slices or stumps, take a bit of time to examine which portion of the produce is more interesting. Consider textures or patterns in the vegetables: corn cob and patola have grooves that make distinct imprints.

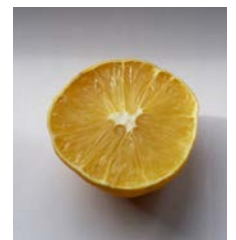
### Interesting angles of produce.

When choosing produce from your kitchen or garden, also consider how sturdy it will be when using it for prints. A tomato, for example, you might only slice in half rather than into slices to keep it from turning to mush. With firmer vegetables, experiment with cutting on a bias (on an angle), or possibly carving stamps (as with potato or sweet potato). Wash vegetables before using, as



any dirt or soil on them might mix with the pigment later on. With fruits or vegetables that store water, like citrus fruits, tomatoes and cucumbers, pat the cut ends with a dry towel so that the pigment can cling to the surface better.

*Note: Be very careful when cutting! For kids, ask an adult to do the cutting or carving for you.*



## PIGMENTS

Some pigments you can use are regular oil paint (watercolor, poster paint, fabric paint or acrylic), artificial food coloring, and natural food coloring like turmeric and atsüete. Thinning out pigments using water or piling larger amounts of pigment can create different effects. Oil paint is not recommended if printing on regular paper, as oil may take a while to dry and the solvents used to thin it out can degrade the surface.



## TECHNIQUES

1. Rolling Impression: Apply your chosen pigment to corn or patola. For patola or other vegetables that tend to taper to one end, you can cut the most even segment for more consistent prints. Try not to use a very watery pigment to keep the lines and shapes sharp.
2. Impasto: Impasto is a term for thickly applied paint where the marks of the brush are visible. For this project, we can achieve impasto by applying thicker layers onto the cut side of the vegetable.
3. Gradient: For creating gradients, you may either (1) blend the colors on the paper using the vegetable or (2) blend the colors on the vegetable. With the first, you may need an extra sheet of paper or a small sponge to blot them together before making the final print.
4. Tracing: Use a marker or pen to trace the edge of the cut side. It's better to do this when the pigment has dried on the surface.

Tracing can make for a unique look when accompanied by patterns.

5. Stamps: Any hefty vegetable should do, but potatoes are ideal. You can be as detailed as you like, but keep in mind that smaller details may lose definition when stamping with thicker amounts of paint.

## EXTRA TIPS

- You may print on fabric if you have fabric paint or dye on hand!
- Pechay, when cut at the stalk (in the middle) forms a flower-like imprint.
- Carambola can make star shaped prints! Be sure to pat it dry before using.
- Cutting the pulp of the citrus out of the fruit also makes for interesting prints.
- Really like the look of a print you made? You can digitize it for use by taking a photo of the print and creating a brush using any photo manipulation software like Photoshop or GIMP.



# DIY Air Dry Clay Planters for your Home Garden

Written by **ABYGAIL DE JESUS**

Photos by **ABYGAIL DE JESUS**

Illustration by **NOELLE HO**

Home gardening is commonly understood to require scientific knowledge in plant cultivation in order to care for plants properly but it can also be considered an art involved with creating a beautiful and harmonious space full of flora and fauna. From the specific plants you care for to the specific methods you do when taking care of plants, gardening can also be an artistic expression of one's identity. Another fun way to engage in gardening and indoor plant decoration is to create and decorate your own planters using air dry clay, paint, and other materials you can find in your home.

## Materials

- Air Dry Clay
- Rolling Pin/Bottle
- Paint Brush
- Plastic/Glass Container (as your mold)
- Acrylic Paint
- Instant/Ground Coffee
- Plastic Knife
- Ruler
- Pencil
- Paper or Notebook
- Water
- Varnish/Mod Podge
- Scissors

## Instructions

1. Plan or sketch out what you want your planters to look like. Planning will also help you determine any other materials you might need such as bowls or bottles to serve as molds for your planters. You can also research online for inspiration.
2. On a piece of paper, draw the templates you need for your planter and cut them out. This will be the guide for the clay pieces you need to assemble your planter. It is helpful to have a mold such as a planter or a glass or plastic container to base your templates on.
3. Take some of the air dry clay and knead it. With a rolling pin or bottle, roll out the clay into a slab on a smooth surface to approximately 5mm thick and large enough to fit your templates.  
*\*Tip: if the clay sticks to your surface, you can place baking paper or parchment paper on your work surface and work with the clay.*
4. Carefully cut the clay around the template with a knife.

5. When placing the clay parts together, score along the sides that will meet. Using your finger or a brush, dampen the scored areas with water and put the clay parts together. Use your hands to blend the edges together.

*\*Tip 1: You can use water to smoothen the surface but be careful not to use too much as this makes the clay prone to cracking.*

*\*Tip 2: You can knead a small amount of clay and add it around the bottom to help blend the clay parts together.*

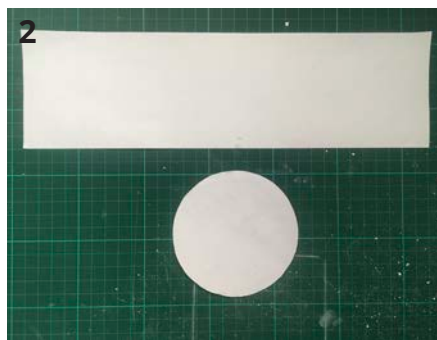
*\*Tip 3: You can also mold your clay onto the plastic or glass container you chose.*

6. Once you've blended the pieces together, make a hole on the bottom of the planter using a straw or a pencil end.

7. Leave the clay to dry for around 12 hours or until it is completely dry.

8. Paint the planter with coffee or acrylic paint in the way you desire.

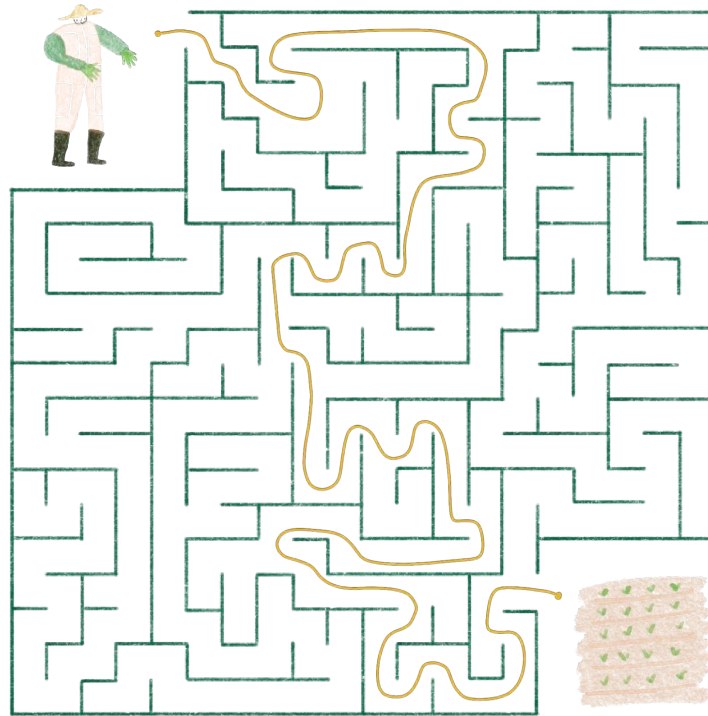
9. Once the paint is dry, you can add finishing or leave it as is for a matte finish. You can use spray varnish or apply gloss with a brush. This will also help make the colors look more vibrant. Leave it to dry.



*Note: Decorative clay planters can't be wet for long periods of time. It is recommended to plant succulents or cacti. You may also keep plants in their original pots and just take them out when watering.*

## ACTIVITIES ANSWER KEY

Help the gardener reach his urban garden!



## Urban Gardening

A	A	S	A	S	A	O	R	S	A	I	T	A	A
I	M	K	I	S	O	L	O	R	T	I	R	P	F
I	S	P	A	B	I	S	O	S	R	I	L	A	E
A	I	F	A	M	U	I	T	N	O	A	A	M	R
V	L	E	R	L	A	Y	S	N	N	I	Y	G	T
E	I	O	S	O	A	T	A	T	L	A	L	A	I
G	A	E	T	P	L	Y	I	S	P	T	S	R	L
E	T	O	Y	A	S	N	A	S	A	A	A	D	I
T	O	T	A	Z	G	R	Y	A	T	L	T	E	Z
A	S	G	A	A	K	S	T	A	O	A	V	N	E
B	S	A	A	O	I	P	T	G	L	E	A	I	R
L	A	O	A	N	L	A	T	S	A	Y	A	N	A
E	A	P	R	A	P	I	E	R	A	B	G	G	L
S	T	L	T	P	P	L	A	N	T	S	I	N	I

SIBUYAS  
PLANTS  
GABI  
SILI  
OKRA  
SOIL  
PATATAS  
ROOTS  
PATOLA  
KAMATIS  
SAYOTE  
GARDENING  
PLANTING  
FERTILIZER  
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# Greenscape

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