

30 Farmers Cooperative sa Oriental Mindoro, benepisyaryo ng P185.6M biyayang pangsakahan



ILAN LAMANG SA MGA MAKINARYA NA PINAMAHAGI SA MGA BENEPISYARYO NA FARMER'S COOPERATIVES SA MINDORO ORIENTAL

CALAPAN CITY -

Ang mailaban ang mga magsasaka ng Oriental Mindoro sa gitna ng umiiral na pandemya kasabay ng epekto ng Rice Tarrification Law sa pamamagitan ng pagkakaloob sa kanila ng mga interbensyon na magpapababa ng mga gastusin at magpapataas ng ani ng palay.

Ito ngayon ang sinisikap ni Gobernador Humerlito Bonz Dolor na hindi man maibsan ang negatibong epekto sa mga magsasaka sa lalawigan ng sobrang pagbaba ng presyo ng palay sa buong bansa ay makatulong ang Pamahalaang Panlalawigan

sa pakikipag-ugnayan niya sa pamahalaang nasyunal na makaangkop sa ganitong sitwasyon at mapataas ang kita sa kanilang mga ani.

Noong Disyembre 16, tinanggap ng may 30 farmers cooperative associations ng iba't ibang bayan sa Oriental Mindoro ang mga modernong gamit pangsakahan (production technologies) at mga pasilidad na gamit sa pag-aani (post harvest facilities) na kinabibilangan ng four-wheel tractor, precision seeder, walk-behind transplanter, rice combine harvester, recirculating dryer, at multi-stage ricemill.

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SI GOBERNADOR HUMERLITO BONZ DOLOR SA TURNOVER CEREMONY NOONG DEC. 16, 2021.

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Christmas at City Hall - red and green are the traditional colors of Christmas; no politics here; let's celebrate Christmas first before politics. Christmas should unite us, not divide.

Blessing of the Local Government Center building at the City Hall Complex



BLESSING of the Local Government Center building at the City Hall Complex - pinangunahan ni City Mayor Arnan C. Panaligan ang pagpapasinaya ng gusali ng Local Government Center sa loob ng City Hall Complex. Ang Local Government Center ang magiging tanggapan ng Liga ng mga Barangay ng Lungsod ng Calapan at provincial and city offices ng Department of the Interior and Local Governments. Ang pagpapatayo ng gusaling ito ay pinondohan ng City Government of Calapan. Naglaan din ang DILG ng counterpart funding. Dumalo sa okasyon si Cong. Doy Leachon, City Vice Mayor Gil Ramirez, mga kasapi ng Sangguniang Panlungsod, City Government department heads at mga punong barangay ng lungsod.



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30 Farmers Cooperative sa Oriental Mindoro, benepisyaryo ng P185.6M biyayang pangsakahan

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Pinangunahan ang pagkaloob ng mga daang libong halaga ng mga interbensyon sa mga magsasaka nina Gobernador Bonz Dolor at DA MIMAROPA Regional Executive Director Antonio Gerundio kasama sina PHILMEC Food Protection Division Chief Engr. Don David Julian, at Regional Technical Director Engr. Elmer Ferry.

Sa kanyang pananalita, ipinahayag ni Gob. Bonz na sa kanyang pag-upo bilang gobernador ng lalawigan, una niyang pinirmahan na executive order ay ang EO ng Food Security Council upang maisiguro ang seguridad sa pagkain ng kanyang mga kababayan. Kaya kahit aniya sa gitna ng pandemya may pagkain ang mga Mindoreno at ang iba ay nakapagbebenta pa. Mula naman sa dulong bayan ng lalawigan, ang Bulalacao,

inikot ng gobernador ang mga mangingisda at pinagkalooban ng mga gamit pangisda. Sinabi niyang pinakamapalad ang Oriental Mindoro dahil nalaanan ito ng malaking pondo ng Philippine Center for Postharvest Development and Mechanization o

PhilMech.

Noong taong 2019, sinabi niyang napagkalooban ang Oriental Mindoro ng PhilMech ng P73 milyon; P78 milyon noong 2020 at ngayon ngang 2021, makatatanggap ang Oriental Mindoro ng P185.6 milyon halaga ng

mga tulong pangsakahan. Maliban pa rito, nakatakda ring makatanggap ang mga natukoy na bayan ng mga proyektong mechanical dryer, warehouse at mga drying facility.

Ang mga nabanggit na pagsisikap ng pamahalaang panlalawigan

sa pamumuno ni Gob. Bonz Dolor na maalalayan at matulungan ang mga magsasaka na makaangkop sa umiiral na sobrang mababang presyo ng palay sa buong bansa ay nakabatay sa kanyang paniniwalang, “Kapag mura ang bigas, mas ligtas”.



Garden Meditations

By Raia Jennifer Dela Pena Landicho



My Gardening Journey, part 2:

The Magical Joys of Fermented Plant Juices

WHEN I STARTED MY VEGETABLE PATCH FIVE YEARS AGO, I knew next to nothing about farming. Or planting crops. Or planning a garden. I was literally a blank slate. So, I started from scratch and did my googling and reading up; there are a lot of good resources online but I thought I should go extra, so I enrolled in a short course on Organic Agriculture at the UP Open University.

It's mostly distance education but the course offered a lot of face-to-face encounters that involved visits to farms or organic farming practitioners and I think that's what made it a great introduction to organic farming (or farming in general). The heart of the course was meeting other gardeners and organic farming enthusiasts/practitioners, seeing how other organic farms are set up, and farmers sharing their best practices for newbies like me. The kind of vegetable patch or garden I wanted started to take shape in my head while I was taking this course so I highly recommend it for new gardeners (or even practicing gardeners because visiting other farms and chatting with other gardeners can be so much fun, you can just do the course for the field trips really).

I used to just buy plants, mostly ornamentals, and herbs for the kitchen, little plants I kept in pots around our pavilion. When I decided to start a vegetable patch, I needed to plant my seeds of course. My first attempt was tomato and eggplant seeds. Which was rather unfortunate since they took longer and I was impatient or stupid and needed to try twice or thrice before my seeds properly germinated. I should have started with the "easy seeds," the ones that germinate with no effort, like okras or ampalaya. That would have given me more confidence in the beginning, as it was, the eggplants and tomatoes really shook my faith in myself.



My pots of bought herbs around the pavilion before I started my veggie patch.



Pictures of my first tomatoes in small pots and plastic bags before transplanting.

Seeing my seeds germinate and become plantings was magical, like having all these small babies growing in my pavilion that I would lovingly talk to and spray carefully every day. When it was time to move them out to the field, I got help from a pro, my friend's husband who used to work for a farm when he was younger. He taught us how to prep the field and the soil. We put my babies down and tucked them into grass-clipping mulches meant to protect them like blankets against the elements. Of course, it turns out, mulches aren't that effective, and you still needed to do a lot of weeding since weeds are the evilest thing in existence and they will always be more persistent than you, as in always. Planting during the summer was also a challenge since the sun was relentless and half my babies wilted in their first week. Garden netting would have helped but we didn't have the manpower or money to build trellises over my vegetables, so we made do with diligent watering and weeding.



Some of my first crops were string beans and pechay. A View of our original veggie patch and my sister, Jackie, transplanting tomatoes with me.

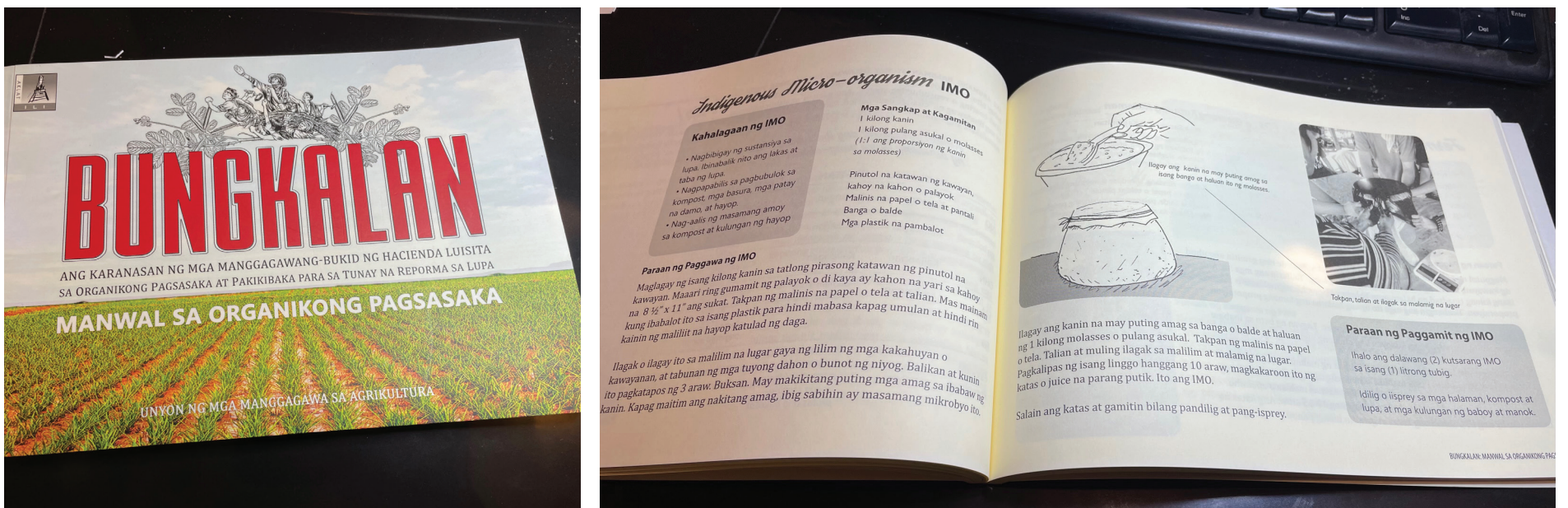


Some of my first vegetables lovingly pictured for posterity. Seeing these first babies grow brought me such joy when I first started my garden.

My first vegetable patch had tomatoes and okras and ampalaya. We planted pechay and string beans and pumpkins too. They were all lovely and well-tended vegetables. I used vermicast for my fertilizer and sprayed my veggies with organic plant juices to help them along.

In my previous post, I spoke of the wonders of organic inputs like cow dung and carbonized rice hull (CRH) and how they created rich soil mixes for plants and vegetables.

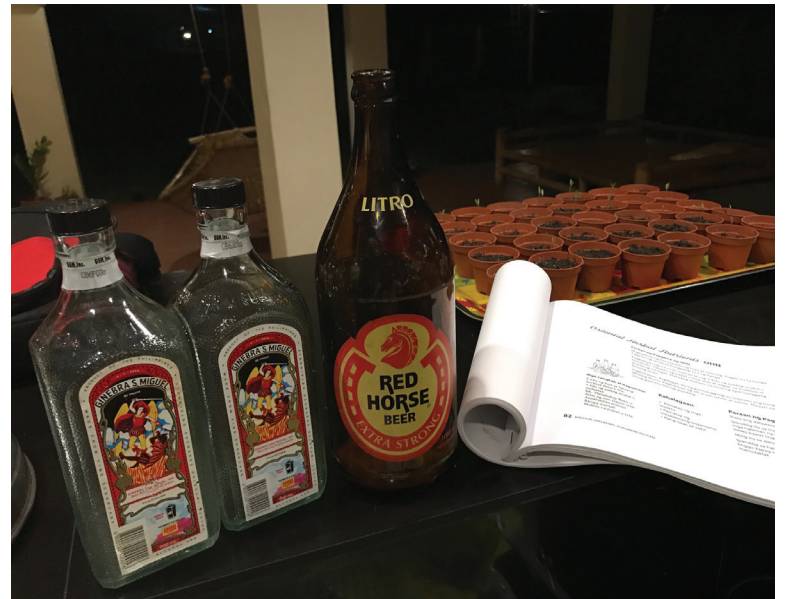
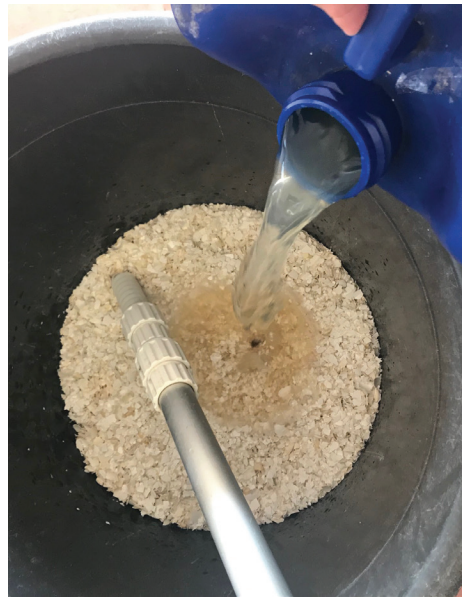
Now I would like to share my adventures in creating homemade plant juices. I learned about plant juices from the Organic Agriculture Manual “Bungkalan” published in 2017 by the Sentro ng Wikang Filipino of the University of the Philippines and the Unyon ng mga Manggagawa sa Agrikultura (UMA). This comprehensive manual was a lifesaver for a newbie like myself as it contained recipes, tips, and instructions on how to make organic farm inputs like IMO (indigenous microorganism), OHN (oriental herbal nutrients) and the bio repellent BMO5. The first one I tried making was the simplest: IMO. Now IMO or Indigenous micro-organism is a fermented juice used as an organic farm input. It is made from fermented cooked rice and molasses and is used to fertilize the soil and helps in aiding composting. It has simple ingredients and takes only two weeks to ferment/process in your backyard. It is a very helpful juice to have in your arsenal.



My beloved resource book for fermented plant juices “Bungkalan” and the page on how to make Indigenous Micro-organism (IMO).



The first batches of fermented plant juices I made were documented because I was taking classes on Organic Agriculture, here are my FPJ and OHN.



Sun drying eggshells and making Calcium Foliar by mixing eggshells with vinegar

Alcohol for my OHN concoction!

CONTINUED FROM PAGE 5...

I also made OHN and BMO5 and Foliar Calcium made from eggshells. OHN is an interesting concoction, it has neem leaves and chilis and you ferment it in molasses and gin or beer.

The first time I tried to make it, I had someone buy a big bottle of Gin in the sari-sari store and my husband was looking suspicious and perplexed, asking me “Is there a problem, you suddenly need a drink?” (I used to be a big gin drinker in college so he had a basis for being alarmed) but I just smiled and said I am making a cocktail for my plants. I remember he scoffed and said “you and your silly plants, using cow dung and gin and fish guts, what’s next? The powdered bones of our ancestors?” Well, I never went so far as to use the bones of the dead for my concoctions but let me tell you that OHN is to die for. It is a very effective plant juice. It helps with killing insects in the garden and also kills bad organisms that harm or cause disease in plants. You spray OHN once a week on your plants to help keep them healthy.

If you’re also a baker and despair over all the eggshells in your trash bin, then you should make Foliar Calcium. It has only two ingredients: eggshells and vinegar, wonderful right? There is great satisfaction in knowing you have recycled something meant for the trash (your eggshells) and made something beneficial for your garden. Fair warning though, processing can be a pain since you need to make sure eggshells are thoroughly cleaned and dried before fermenting. Also, you need to wait twenty days for it to ferment so there’s that. But it is an important plant spray since it helps with flowering and strengthening flowers to ensure good fruiting of your plants.

The most awful organic farm input I have tried to make is FAA or the Fish Amino Acid. For this concoction, you need to use a lot of fish guts. If you need a big batch then go to your local fishmonger and ask them for a pail of their fish garbage. It also only needs two ingredients: fish guts and molasses and fermenting takes only 10 days. It emits a godawful smell and you need to mix the concoction every day during the 10-day fermenting period. Every afternoon of mixing FAA felt like a holy week penitensya. It was a valuable learning experience -- wherein I learned that next time I



This was me making BMO5, the big guns when you have pests in the garden. Lots of chopping and prep for this because it had so many ingredients!

will just buy this from Lazada. I have to say though that my plants absolutely love FAA, whenever I spray them with FAA they are always lush and happy afterward. I tease my plants and say, “yan lang pala gusto nyo! Ang mag amoy isda!” I also end up smelling fishy and gross whenever I spray this around my garden but the “sacrifice” is worth it since my plant babies are happy.

Now if you have an infestation and need to bring out the “big guns” then BMO5 should be the plant juice to make. It has a myriad of ingredients like neem leaves, madre de cacao leaves, vinegar, aloe vera, lemongrass, ginger, chilies, marigolds – everything but the kitchen sink really. And it takes about half a month to ferment. Preparing BMO5 will make you feel like a student from Hogwarts making magical potions but the pay-off will be worth the effort and the wait.

A lot of plantitas would say just buy your fertilizers rather than waste time making these concoctions but when you consider the price of inputs (for example P7000 for a sack of time-release fertilizers, P500 per 200g of humus, etc) it is a good idea to just make plant juices, especially if most ingredients are available in your yard for free – leaves and roots and chilies and molasses/brown sugar, cooked rice, etc. It just takes a bit of time and effort but the outcome is even better than those of commercially available farm inputs. And it’s organic and safe. What other reason do you need really?

I don’t know if they still have Bungkalan sold in the UP Press but if you are into organic farming/gardening, do buy this manual. It is an indispensable guidebook on organic farming but more than that, it is a history lesson on the story of the Luisita farmer’s fight for their right to the land they till. It is an amazing work that is both useful and powerful in its narrative, I am not sure that sounds right but yes, this book manages to be all that. It is a beautifully laid out book with outstanding pictures and artwork, it’s easy to understand and easy on the eyes, even a kid will find it fun to read. Buy maybe five copies for yourself and five more to give away to friends.



A demo practice we did on making Fish Amino Acid with my classmates at the Ato Belen Farm in San Pablo, Laguna.



A tray of cooling cookies meant to uplift one's mood and drive away sadness.

Chewy Chocolate Chip Cookies

THERE ARE SOME THINGS YOU MAKE not really because you like eating them, but mainly because you like the smell of it cooking in your kitchen.

This, for me, applies to baking chocolate chip cookies. As I grew older, I stopped craving sweets but I never stopped loving the smell of cookies baking in the kitchen. It fills me with happiness and contentment and no other smell has quite the same effect, I believe.

I bake this when I feel down or sad. The smell of freshly baked chocolate chip cookies will make any sad person feel better, full stop.

It is easy to make, not too many ingredients or complicated requirements, and cooking time is just around 10 minutes. You just have to prep in advance and you can always have a batch of dough

ready in the freezer for upcoming events, guests, or just when you want to make someone feel special by giving them a homemade gift.

Yes, there was a time we would make tins of cookies as Christmas gifts. They were cute and yummy and everybody loved them. I don't remember why I was that thoughtful or why we ever had the time for it, but I am sharing pictures of our holiday cookie gifts to help with your own gift ideas, and for posterity as well. To remind me that perhaps I will get back that old self that had the time, patience, and sweetness to make home-baked gifts for family and friends.

This recipe makes around a dozen (12) cookies.

Ingredients

- ½ cup granulated sugar
- ¾ cup brown sugar (packed)
- 1 teaspoon salt
- ½ cup unsalted butter – melted
- 1 egg
- 1 teaspoon vanilla extract
- 1 and ¼ cup all-purpose flour
- ½ teaspoon baking soda and 1 teaspoon corn starch
- 1 cup milk or semi-sweet choco chunks
- 1 cup dark choco chunks

Preparation:

1. Whisk together sugars, butter until paste forms with no lumps.
2. Whisk in egg and vanilla, beating until light ribbons fall off the whisk.
3. Sift in the flour and baking soda and cornstarch, then fold the mixture with a spatula. DO NOT OVER MIX!
4. Fold in the chocolate chunks/chips, then chill dough for at least 30 minutes. For better results, chill dough overnight. The longer the dough rests, the more complex the flavor will be.
5. Pre-heat oven to 180 degrees Celsius. Line baking sheet with parchment paper.
6. Scoop dough with ice cream scoop or shape into balls with your hands.

7. Instruction says bake for 12-15 minutes. My suggestion is to UNDER BAKE it to achieve chewiness. Para mas chewy. Around 9-10 minutes in the oven for maximum chewiness.

NOTES:

- If the chilled dough does not spread during baking, you can “help” it along by slightly flattening the dough with your spatula.
- For more “picture perfect” cookies, you can dot the top of the dough with choco chips or chunks so that when it bakes there will be nice big choco chips on top.
- The added corn starch supposedly helps with the chewiness. I've also been told that spray misting the prepared dough balls in the baking sheet before baking will help with the chewy texture of the finished cookies.
- Semi-sweet chocolate is best. Milk chocolate tends to be too too sweet.



PAGDINIG PARA SA 2022 ANNUAL INVESTMENT PROGRAM (AIP), SINIMULAN NA NG SANGGUNIANG PANLALAWIGAN



PONDO NA SAPAT AT NARARAPAT para sa bawat sektor, sinisigurado ng mga Miyembro ng 10th Sangguniang Panlalawigan (SP)

Para sa ating kaalaman- Sa Annual Investment Program (AIP) nakapaloob ang mga proyekto, gawain at programang pangkaunlaran ng Lalawigan ng Oriental Mindoro para sa susunod na taon.

Habang sa 2022 Annual Budget naman ang paglalaan ng pondo para sa mga gawain, proyekto at programa ng Pamahalaang Panlalawigan.

Noong Dec 09, 2021 , nagsimula na ang AIP Committee hearing o pagdinig sa budget para sa kalusugan o Health Sector - bilang prayoridad ngayong panahon ng pandemya. Kasama ng 10th Sangguniang Panlalawigan, dinaluhan ito ng mga pinuno ng OMPH at mga Satellite hospitals kasama ang mga Department heads ng PGOM.

Pangunahing tinalakay ang pondo para sa pangangailangan ng mga pampublikong ospital at ang pasweldo para sa ating mga Dakilang Manggagawa o Health workers.

Alinsunod sa batas at sa tiwalang ipinagkaloob ng mga Oriental Mindoreño, sinisigurado ng ating Sangguniang Panlalawigan ang komprehensibong pagtatalakay sa laang-gugulin, at ang kanilang mariing pagsuporta sa mga programa para sa kaunlaran, pagpapalakas sa sector ng HEALTH at AGRIKULTURA, pagtitiyak sa kahandaan at pagbangon lalawigan at mga mamamayan sa gitna ng pandemya at sa hagupit ng mga kalamidad.

