

Urban farming competition unfolds in QC

TO CUSHION the impact of inflation on families in the city, the Philippine Horticulture Society Inc., in partnership with Quezon City Vice Mayor **Joy Belmonte**, has launched a grow-your-own-vegetables competition entitled “Oh My Gulay, Mag Horti Pa More!” to encourage backyard farming among urban dwellers.

“We want to encourage our constituents to plant vegetables in their homes and backyard gardens not just for food security but also for healthy eating,” the vice mayor said.

“This competition should show that, even with a few materials and limited space, city residents can already start their own urban farm,” she added.

At the launch of “Oh My Gulay, Mag Horti Pa More!,” participants were given an instructional lecture as well as growing kits consisting of seeds and growing pots.

Each participant was tasked to sow their vegetable seeds on Oct. 15 and track the growth of their plant until the harvesting date on Jan. 15, 2019.

Participants must also post photos of their entries on social media as part of the competition’s online campaign to promote vegetable growing in urban homes.

“I’m thankful to the Philippine Horticulture Society for being our city’s partner in promoting urban farming. We want to show our citizens that these small pots, containers and spaces are all we need to start growing our own greens, whether to reduce grocery costs, increase intake of healthy food, or as a form of livelihood,” Belmonte said. **Rio N. Araja**