

Are you up for it? Take the 40 day backyard farming challenge








Backyard farming has a host of benefits, according to Mr. Julius Tibayan, NSTP faculty, and owner of J.B.T Agri-Farm.

According to Tibayan, not only does backyard farming put food on the table, it is also a relaxing and rewarding activity.

The activity has so much to offer that DLSU-D's NSTP program incorporated it into the curriculum. During the pandemic period, faculty members got creative and developed the NSTP-CWTS's version of the Department of Agriculture's Plant Plant Plant Program, which seeks to promote urban gardening as a means to achieve food security and empower students and communities to produce food for themselves, in line with the institutional environmental programs of DLSU-D.






According to Tibayan, students have been responding well to the program and sharing their progress through their social media accounts.

Under the program, students are challenged to grow the plants within 40 days:

-  Day 0: Planting the seeds
-  Day 1-6: Growing the Seedlings
-  Day 7-14: Cultivation
-  Day 15-34: Growing the plant
-  Day 35 onwards: Harvest

Many of the students shared their routines in caring about the plants and were surprised that they could grow them. Tibayan said that the students' sense of accomplishment from the program inspired NSTP-CWTS faculty to work even harder to promote backyard gardening.

During his talk for the HRMO's Health and Wellness Webinar series, he also encouraged everyone to try their hand and growing their food. Here are some tips he shared for beginners.

-  **Sunlight.** Garden site should offer at least 6-8 hours of direct sunlight.
-  **Soil.** The soil should have lots of organic matter content.
-  **Weeding.** The soil should be moist but not wet in seeding time.
-  **Watering.** Moderately water the plants every morning and afternoon.
-  **Research.** Read articles or watch online video tutorials particularly on how to grow plants. This will also give you a finer appreciation for the wonders of nature.

Are you ready to take on the challenge? Get started today.

