

WFWP Rodriguez, Rizal, Philippines Hydroponics Gardening Training and Garage Sale

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July 16, 2022



Food on every table... that is what the Philippine Government envisioned. But food sustainability is always a problem in many families in the Philippines. We buy food to feed our families. But buying food would require money. Learning hydroponics gardening is one way to alleviate this problem.

In our country, most of the lands are being converted into subdivisions or housing. Particularly in Rodriguez, Rizal, there are very few lands where you can plant vegetables and fruits. There is not enough space for planting crops since the houses do not have enough land space.

On July 16, 2022, WFWP-Mothers' Hearts Network of Rodriguez, Rizal conduct two activities at the same time: A 2nd Day Garage Sale and the training on Hydroponics Gardening. They conducted the event at the Mothers' Hearts Network Office in Rodriguez, Rizal.

Eleven (11) members of the WFWP-Mothers' Hearts Network of Rodriguez, Rizal studied the process of hydroponics gardening. One of our members, Ms. Honeylynn Lopez-Icawalo shared her knowledge on how to grow vegetables using water instead of planting. She showed us how to have our own hydroponics garden using styrofoam cups and plastic bottles.

The process was simple and according to her, there were YouTube videos that she followed to understand the process. The group even visited a hydroponic garden in the community which Ms. Icawalo discovered during her search for the procedure for hydroponics.

Each member of the WFWP-Mothers' Hearts Network made their own hydroponic vegetable in a cup. They enthusiastically and actively worked together for the group's mini garden. After 30 days each member will have something to harvest and something to bring to their families. Initially, we planted lettuce. Once successful, the group will continue to plant other vegetables using hydroponics.

If can learn how to grow food using only water, there will always be food on the table for people to share with their families.

