



growing
roots

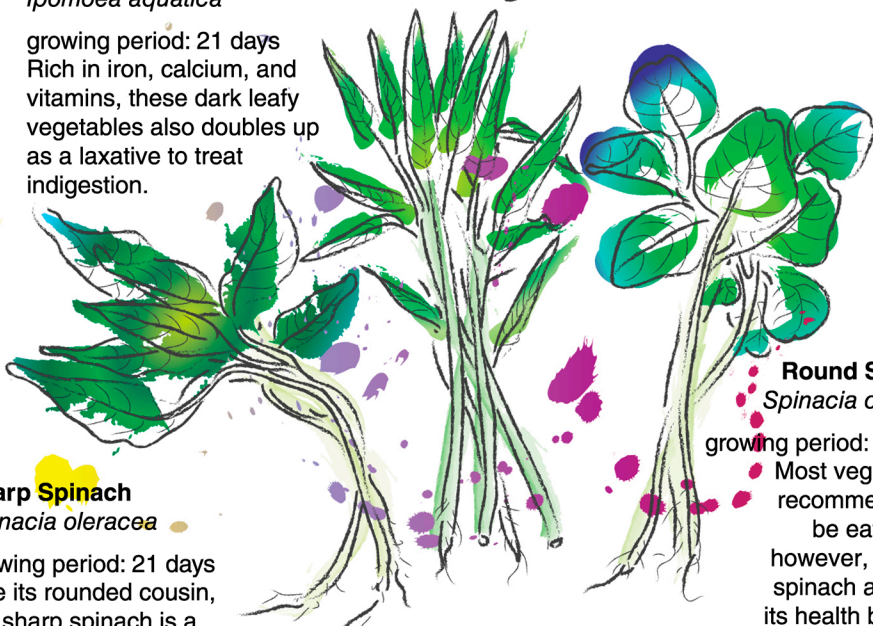
an initiative
by Singapore
Young Farmers

LEAFY GREENS

Kang Kong

Ipomoea aquatica

growing period: 21 days
Rich in iron, calcium, and vitamins, these dark leafy vegetables also doubles up as a laxative to treat indigestion.



Sharp Spinach

Spinacia oleracea

growing period: 21 days
Like its rounded cousin, the sharp spinach is a superfood packed with nutrients such as beta-carotene, calcium and iron.

Cai Xin Hua

Brassica chinensis var. *parachinensis*

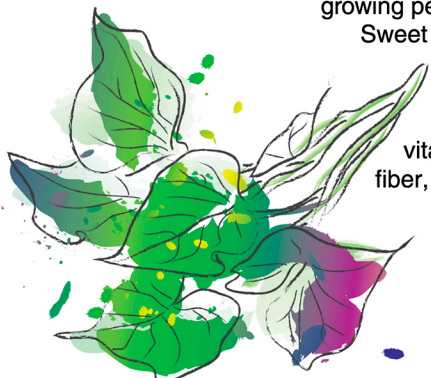
growing period: 35 days
This vegetable when pressed into juice, has properties known to detox your liver and improve skin complexion.



Sweet Potato Leaves

Ipomoea batatas

growing period: 1 month
Sweet potato leaves are loaded with various nutrients, vitamins, dietary fiber, and essential fatty acids!



Round Spinach

Spinacia oleracea

growing period: 21 days
Most veggies are recommended to be eaten raw, however, cooking spinach amplifies its health benefits.



Xiao Bai Cai

Brassica rapa var. *chinensis*

growing period: 30 days
Found in every local supermarket, this veggie contains selenium which is known to reduce inflammation and cell damage.



Dwarf White Stem Bok Choy

Brassica rapa

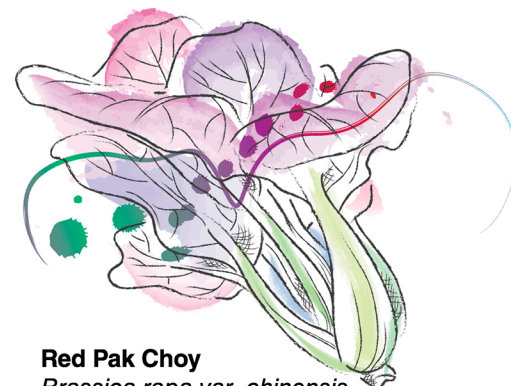
growing period: 23-28 days
This vegetable is a popular choice among Singaporeans and is a sweeter and softer version of the Bok Choy.



Red Pak Choy

Brassica rapa var. *chinensis*

growing period: 7-8 weeks
You may add this veggie to any dish to impart a supplementary umami taste!



Sweet Italian Basil

Ocimum basilicum

growing period: up to 42 days
This versatile herb can be used to add extra flavour and vitamins to any meal!



Bean Sprout

Vigna radiata

growing period: 5-6 days
With a sweet taste and crunchy texture, bean sprouts are increasingly becoming mainstream due to its versatility in different cooking methods.

