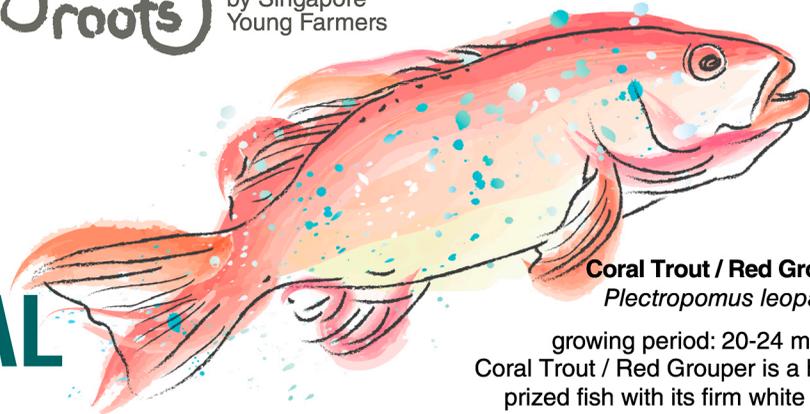




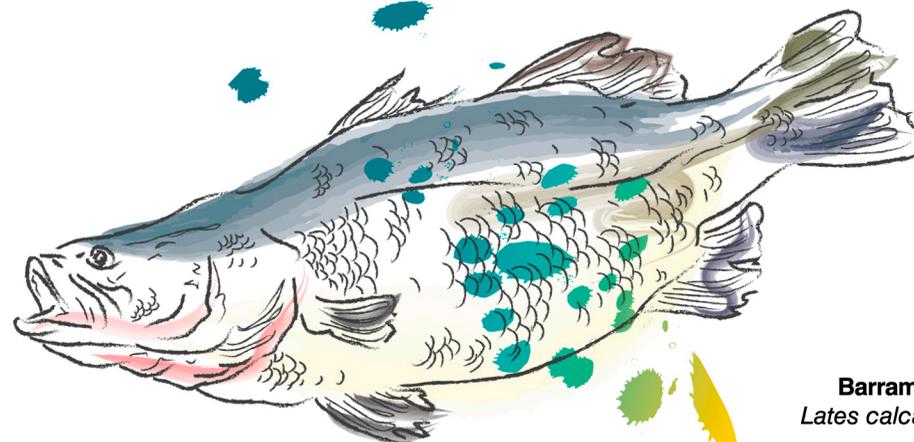
growing roots
an initiative
by Singapore
Young Farmers

LOCAL FISH



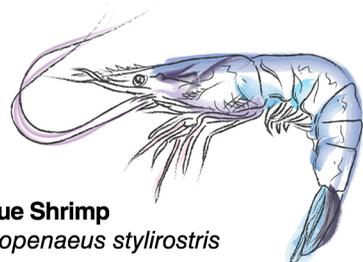
Coral Trout / Red Grouper
Plectropomus leopardus

growing period: 20-24 months
Coral Trout / Red Grouper is a highly prized fish with its firm white flesh.



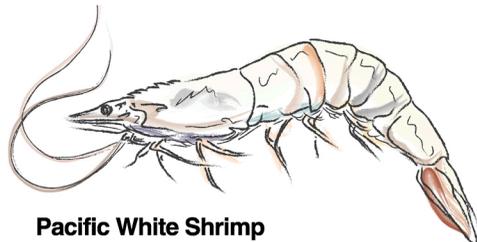
Barramundi
Lates calcarifer

growing period: 8-10 months
(market size defined as up to 800g)
All barramundi are born male, then turn into females when they are three to four years old.



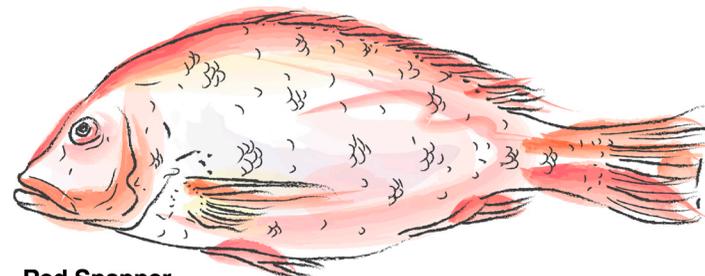
Blue Shrimp
Litopenaeus stylirostris

growing period: 105 days to reach 20-25g
This shrimp gets its name from its brilliantly blue tails.



Pacific White Shrimp
Litopenaeus vannamei

growing period: 105 days to reach 20-25g
Its shell is grey in colour and is extremely popular in the market.



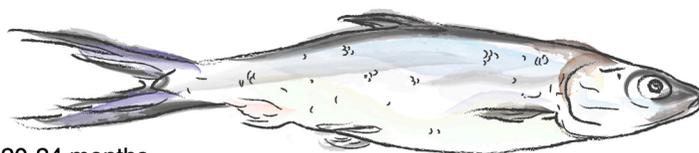
Red Snapper
Lutjanus erythropterus

growing period: 13-14 months
Red snappers can grow up to about 1 metre, weigh up to 2kg and live for more than 50 years.



Pompano
Trachinotus blochii

growing period: 9-10 months
Within the Jack family, this species can be sustainably farmed.



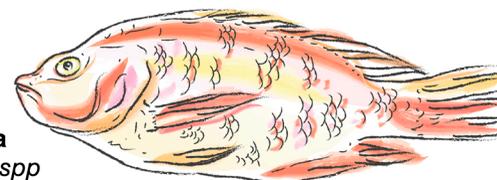
Milk Fish
Chanos chanos

growing period: 20-24 months
Commonly consumed in Philippines and Taiwan though some regard this as the National Fish of Philippines.



Grey Mullet
Mugil cephalus

growing period: 20-24 months
Scientists believe that mullets jump and skip across water surface to increase amount of oxygen in its body.



Marine Tilapia
Oreochromis spp

growing period: 9-10 months
Tilapia, a fresh water fish, has lesser risk of containing mercury or consuming contaminants compared to other fishes who live in deep waters.