

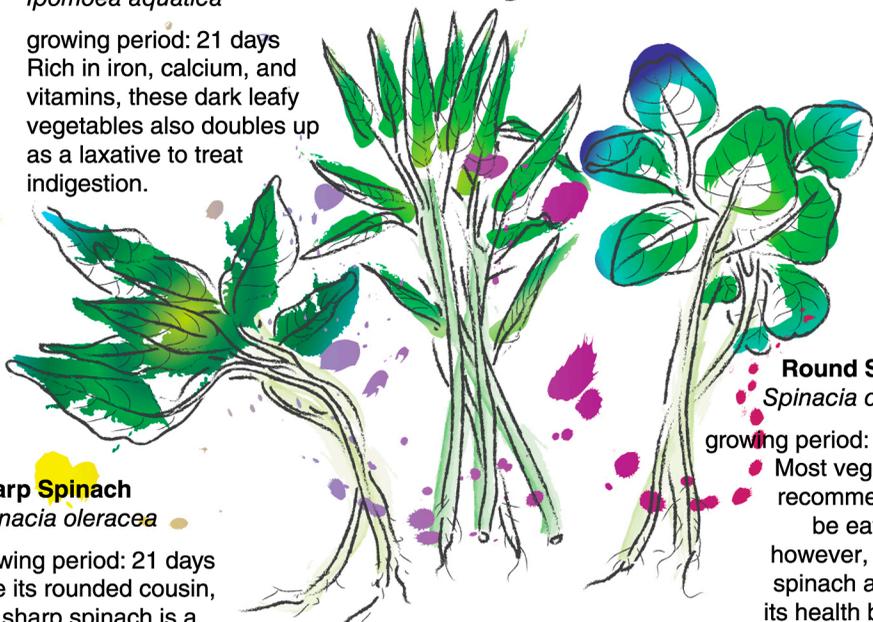


**growing roots** an initiative by Singapore Young Farmers

# 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.

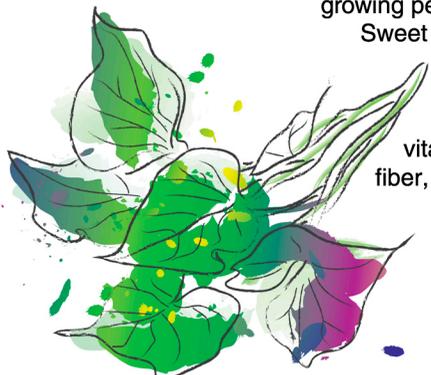
**Cai Xin Hua**  
*Brassica chinensis var. parachinensis*

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!



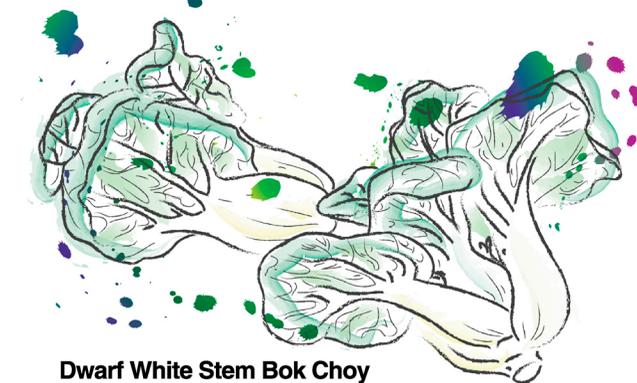
**Round Spinach**  
*Spinacia oleracea*

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.



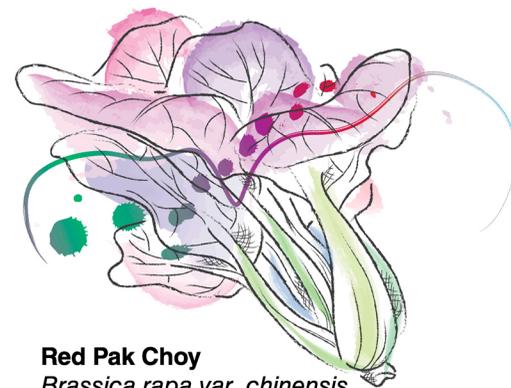
**Dwarf White Stem Bok Choy**  
*Brassica rapa*

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.