



growing roots an initiative by Singapore Young Farmers

FRUITS



Cherry Tomato
Solanum lycopersicum

growing period: 2 months
About 1.5-2 kg of cherry tomatoes can be harvested from each plant in its productive lifespan!

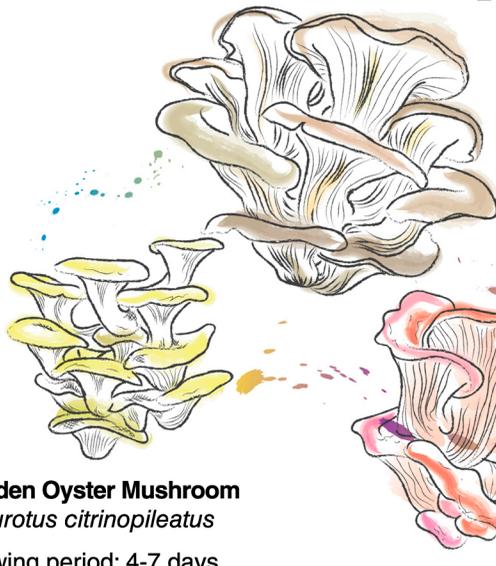
Red Grape Tomato
Solanum lycopersicum

growing period: 3 months
Although not as sweet as the cherry tomatoes, they are 'meatier' and have a more substantial texture.

Yellow Grape Tomato
Solanum lycopersicum

growing period: 3 months
Interestingly, the yellow tomatoes packs in more iron, folate, zinc and some other minerals compared to the red ones!

MUSHROOMS



Abalone Mushroom
Pleurotus ostreatus

growing period: 21-25 days
A staple ingredient in soups and stir-fries, abalone mushrooms are great meat substitutes due to its appreciable texture and rich buttery rich taste!

Pink Oyster Mushroom
Pleurotus djamor

growing period: 10-14 days
With the vivid "Millennial Pink" hues, you might overlook the fibers, vitamins, and antioxidants that this mushroom is packed with.

Golden Oyster Mushroom
Pleurotus citrinopileatus

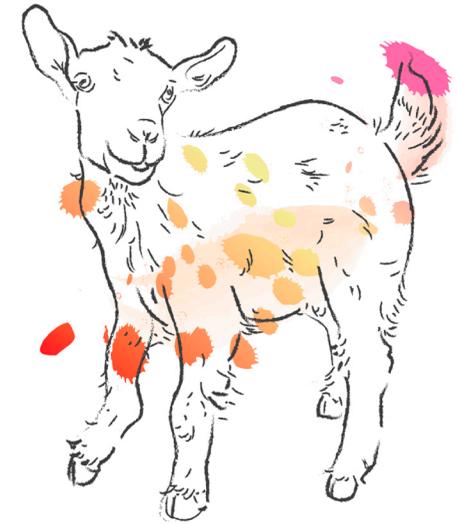
growing period: 4-7 days
These mushrooms can be somewhat bitter, but when cooked, that taste can develop to a nutty cashew-like flavor.

OTHER PROTEINS



American Bullfrog
Rana catesbeiana

growing period: 7-9 months
More dog owners are opting for this novel meat in their pets' diet to alleviate the sensitive skin conditions!



Dairy Goat
Capra hircus

growing period: 13 months before a doe can be milked
Each doe normally gives birth to two kids (1 male and 1 female) after a five-month pregnancy.

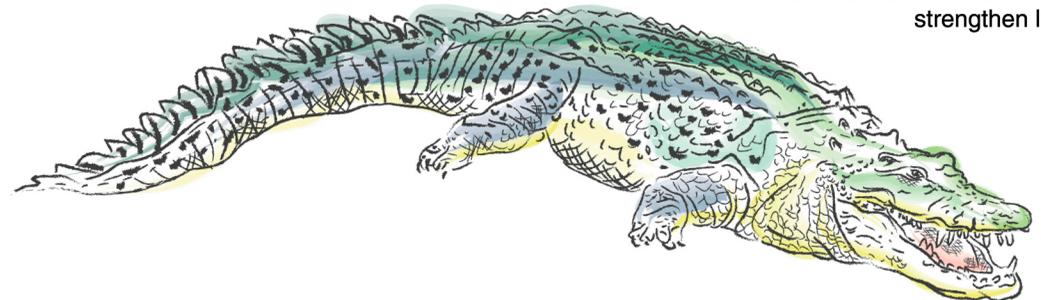


Quail Meat and Quail Eggs
Coturnix japonica

growing period: 2 months
A quail can live up to 4 years old and produces an egg a day from 2 months old for about 2 years until they stop laying eggs.

Crocodile Meat and Bones
Crocodylus porosus

growing period: 4-5 years
According to traditional Chinese medicine, crocodile meat when cooked with herbs is known to strengthen lungs.



Disclaimer: All information in this chapter are shared by our local growers. Do note that the growth period varies with different seasons and climate. Information accurate as at time of publication.

illustration by Amanda Poh