



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

## FRUITS

### 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!



### 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.



## 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.



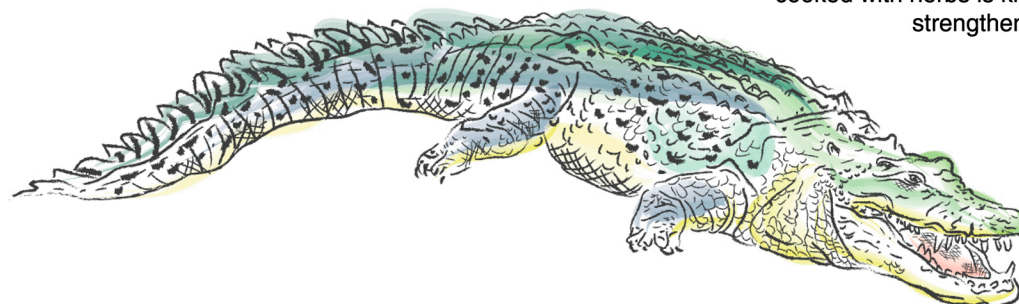
### Quail Meat and Quail Eggs *Coturnix japonica*

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