



# ED<sup>🍆</sup>IBLE GARDEN CITY

VIRTUAL PROGRAMMES 2022



PRESIDENT'S  
AWARD FOR THE  
ENVIRONMENT



# VIRTUAL PROGRAMMES – TABLE OF CONTENTS

1

THE EDIBLE GARDEN CITY TOUR: QUEENSTOWN FARM

URBAN FARMING



2

SUPER FOOD FOR SUPER TEAMS WORKSHOP

URBAN FARMING



3

THE PURPLE PAKCHOY GANG – GROW AS A TEAM

URBAN FARMING



4

TACKLE SUSTAINABILITY TOGETHER – ECOCYCLING WITH ECO-ENZYMES

UPCYCLING



## 1

## THE EDIBLE GARDEN CITY TOUR: QUEENSTOWN FARM

Summary:

**A sneak peek into Urban Farming and chat with our farmers!**

**Duration:** 45 mins (bundle me with another workshop!)

**Maximum Class Size:** 500 logins

Singapore is moving onward towards its goal of growing 30% of our nutritional needs by 2030. Get to know the faces and places driving this movement, and find out how being a land-scarce, hot-and-humid nation like ours could actually work in our favour.

Experience a multi-sensory farm tour as our farmer brings you through our unique urban farming solution, including stops at our indoor microgreens room, outdoor gardens, and container farms. Learn about the closed-loop and minimal-waste model of growing vegetables that we adopt here in our urban farm, and how farming could be used as a platform to create a more inclusive and healthy society.



## 2

## SUPER FOOD FOR SUPER TEAMS WORKSHOP

**Summary:**

**An opportunity to learn to grow your own superfood— quick and easy!**

**Duration:** 60 mins (farm tour + workshop bundle 90 mins)

**Maximum Class Size:**

- Workshop Ver A – 100 pax. Materials shipped to participants prior
- Workshop Ver B – 100 pax. Materials list sent to participants prior
- Demonstration – 500 pax. No materials sent

Less Hassle, Faster Results! Growing microgreens is really easy, especially for a busy, working individual. Not only do microgreens not require much sunlight and space, you can harvest and consume them in 2 – 3 weeks! Get more seeds to grow more microgreens by setting some aside to grow in a pot and have a “never-ending cycle” of microgreens for your salads!

**In this programme, we’ll cover:**

- What microgreens are and why are they so healthy
- Techniques for growing microgreens at home and how to care for them
- Ways to use microgreens in your meals
- Hands-on time! Prepare your own planting medium and sow seeds

Discover the wonderful world of home gardening and join us in growing your own tasty, easy to grow and nutrient-dense microgreens.



***Microgreens can be up to 40 times more nutritious than their adult counterparts!***



## 3

## THE PURPLE PAKCHOY GANG — GROW AS A TEAM

Summary:

**Kickstarting your own edible gardening journey with Pakchoy!**

**Duration:** 60 mins (farm tour + workshop bundle 90 mins)

**Maximum Class Size:**

- Workshop Ver A – 100 pax. Materials shipped to participants prior
- Demonstration – 500 pax. No materials sent

Want to start growing your own edible plants at home but don't know how? Guided by our trainers, you will be able to nurture a leafy veg that's bursting with nutrients! And kickstart your very own edible gardening journey.

**During the workshop, you will learn about:**

- What are the nutritional and health benefits of Purple Pakchoy
- How to grow and care for your plants in terms of their light and soil requirements
- Basic pest management
- Other considerations when gardening at home.
- Ways to use your Purple Pakchoy in meals
- **Hands-on time!** Prepare your own planting medium and sow seeds



## 4

## TACKLE SUSTAINABILITY TOGETHER — ECOCYCLING WITH ECO-ENZYMES

**Summary:**

**A sustainable way to reuse food scraps to create multi-purpose natural eco-enzymes for cleaning, or as fertiliser**

**Duration:** 60 mins (farm tour + workshop bundle 90 mins)

**Maximum Class Size:**

- Workshop Ver B – 100 pax. Materials list sent to participants prior
- Demonstration – 500 pax. No materials sent

This virtual session is hands-on, where our trainers will guide you to make your own eco-enzymes, made from fermenting citrus fruit peels (such as orange, lime, lemon, grapefruit) with sugar and water. They are chemical-free, bio-degradable and gentle on our hands and the environment, and are commonly used to give our plants a little pick-me-up, and also have uses beyond the garden, e.g. used as cleaning agents or insect repellent!

**During the workshop, participants will learn:**

- The process of creating eco-enzyme fertiliser and cleaner – from how to mix it to knowing when it is ready.
- The benefits of going eco and creating natural fertilisers and cleaners with food waste.
- Tips and tricks for using eco-enzymes around the house.
- **Hands on time!** Prepare ingredients that can be found in your kitchen and make your own eco-enzymes.



*Participants are required to prepare a used plastic container with a lid (those red-topped CNY cookie jars are perfect!), as well as any citrus peels you might have collected for the online session.*

# EDIBLE GARDEN CITY

✉ [sales@ediblegardencity.com](mailto:sales@ediblegardencity.com)

f [EdibleGardenCityProject](#)

📷 [Edible Garden City](#)

60 jalan penjara, 149375  
[www.ediblegardencity.com](http://www.ediblegardencity.com)



PRESIDENT'S  
AWARD FOR THE  
ENVIRONMENT



# The Edible Garden City Team



## – Awards & Accolades –

. 2021 .

+ PRESIDENT’S AWARD FOR THE ENVIRONMENT

. 2019 .

+ SUSTAINABLE BUSINESS SPECIAL RECOGNITION AWARD (SOCIAL ENTERPRISE)

+ **DUBAI 2020** GLOBAL BEST PRACTICES PROGRAMME

. 2018 .

+ **TEMASEK** FOUNDATION ECOSPHERITY GRANT AWARD

+ **BJORN LOW** (FOUNDER) – THE STRAITS TIMES SINGAPOREAN OF THE YEAR (FINALIST)

. 2017 .

+ **SG ENABLE**; 4<sup>TH</sup> ENABLING EMPLOYERS AWARD: BEST NEWCOMER

+ **DBS** FOUNDATION GRANT AWARD

. 2016 .

+ **UBS** SOCIAL INNOVATOR APAC SUMMIT

+ **RAISE** VENTURE FOR GOOD GRANT

+ **NATIONAL PARKS BOARD** – COMMUNITY IN BLOOM “GOLD”