

SPROUTING SECRETS

What has the Vertical Farming IG Brought to Our Garden this time?

The Journey of Germination Begins

Introducing the Groundbreaking Germination Cabinet: Revolutionizing the Seed Starting Process!

On 15 March, the vertical farm team officially started a new round of their farming project. Yu Peng, the Vertical Farming IGL, shared with us his thoughts on this exciting journey. For this round, they are going to grow Pak Choy, Pai Tsai, and KangKong.



The initial stage of germination is very important. They have previously installed a germination cabinet that provides a suitable environment for seeds. Within this enclosed space, the moisture, light, and wind are controlled, and pest issues such as mosquito breeding are prevented.

What the seeds need...

When considering germination, three common elements that often come to mind for people are seeds, soil, and water—yet there's more to the process than meets the eye.

When transferring suitable plants into the cups, it is crucial to ensure that the roots protrude out of the cap. The plant should also not be fully submerged, with an air gap of around 6cm left between the air cup and nutrient film surface. This space accommodates air roots, which are vital for oxygen intake. Real roots, which will take nutrients from the algae solution, are connected to the plants' xylem system (the capillary system from roots to leaves).

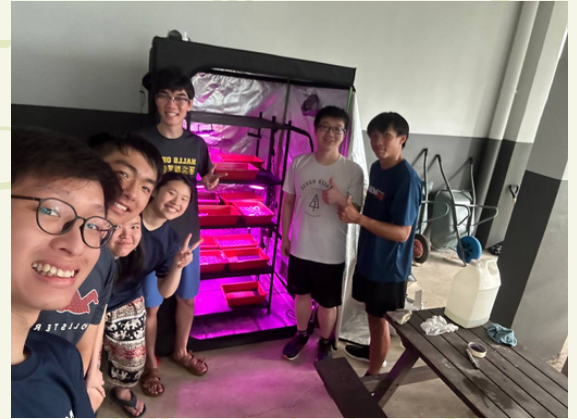


*Demonstrating the correct and incorrect methods for transferring plants.
(Photo: Yu Peng)*

"We realized that Kang Kong is a pretty strong and tough plant that can grow quickly within a short period of time - stay tuned for our introduction on Kang Kong" ~ Yu Peng (Vertical Farming Vice IGL)

"We kick off the germination by creating a cozy ambiance for our light-sensitive seeds, gently minimizing light exposure on Day 1. As our little ones grow and unveil their true leaves, we introduce them to the nourishing glow of LED light, supplemented with essential liquid fertilizer to fuel their budding growth.

But the excitement doesn't stop there! Transitioning our thriving seedlings to the NFT system is an art in itself. We carefully condition them under the sun's warm embrace, ensuring a seamless shift without any sunburn surprises. And with meticulous care, we seamlessly transfer them into their hydroponic pots, fostering their growth without any manual disruption." - Shared by Yu Peng, the vice IGL of Vertical Farming .



Participants using a germination cabinet that optimizes the early stages of plant growth by providing a controlled environment tailored for seed germination. (Photo: James Low)

Fashion Swap- A Month of Success



Brian posing with a shirt from our physical Fashion Swap event (Photo: Claire)

"Our Physical Fashion Swap is a wrap! On the 20th and 21st March, PH residents joined us on a sustainability drive at the foyer by supporting the fashion swap cause. During the six-hour session over the two days, we saw over a hundred exchanges of clothes, from residents donating old clothes to swapping or purchasing new ones. It has been a lot of fun for our team as we get the chance to curate selections of clothes and discuss fashion choices and preferences with our fellow residents. We hope that it was equally fun for you guys! As this event comes to an end, we would like to extend our heartfelt thanks to those who stopped by our event at the foyer and gave support in all forms, either by donating clothes, purchasing clothes or just taking a quick look at our event." - Brian from F&S Publicity shared.

While this event draws to an end, fashion swap in PH is never ending - we're always online on Telegram at [@phfashionswap](https://t.me/phfashionswap). Join the group, fill in the form, and get your things out on the marketplace - it's that easy! Do take the chance to participate in our online initiative, and stay tuned for future sustainability events, including next semester's fashion swap event!

Reforestation with the NUS Toddycats

Reforestation at the hands of pioneers, transformation for a greener future

A reforestation mission - to plant at least 100 trees each semester!
- NUS ToddyCats!

The NUS Toddycats are secret green warriors that have been helping Singapore to reforest.

With a commitment to contribute 100,000 trees to the OneMillionTrees movement, the toddycats have been carefully planting and caring for plots across Kent Ride, Lim Chu Kang Nature Park, Sungei Buloh Wetland Reserve, and more! These plots will also be used to illustrate restoration ecology and integration of forests into an urban landscape.

Today, you're more than welcome to be part of their "green forces"!

Those passionate about greening the future may come and be part of the hands and feet that impact the environmental sustainability of the campus!

Their next tree planting sessions in April are as follows:

- Lim Chu Kang Nature Park, Saturday, 13th April 2024; 3.30pm - 6.30pm

[Sign up here!](#)

- Reforesting Kent Ridge with NUS Toddycats! (20th Apr 2024 - Reading Week) 8.00am- 10.30am.

[Sign up here!](#)



NUS Toddycats Logo

Toddycats & LKCNHM

Conceived in 1999, the NUS Toddycats are an environmental volunteering group that collaborates with Lee Kong Chian Natural History Museum (LKCNHM) on projects focused on biodiversity conservation, environmental education and outreach.

NUS Toddycats also conducts guided tours to introduce NUS students and the interested public to Singapore's existing wildlife at the LKCNHM.

For students with an interest in biodiversity, these programs could be a platform to enhance your knowledge of and experience with real conservation efforts.

Want to know about upcoming opportunities for greening Singapore and NUS? Feel free to check out their calendar **[HERE!](#)**



*A fulfilling journey of greening the campus.
(Photo: NUS Toddycats)*

Rescuing food from the gutters



Participants of the event enjoying a hearty meal of steamboat with our facilitators at PH Foyer. (Photo: Claire - shoutout to our F&S director :D)

F&S team has kicked off this year's April Fool's Day with a free meal for all residents at the PH Foyer! Participants joining in the feast helped themselves with food cooked from the three soups our team had prepared beforehand, which include both vegetarian and halal options.

The twist here? The ingredients that we sourced for our meal were mostly "ugly food" - that is food that may not be appealing in terms of appearance but are nevertheless fit for consumption. By doing so, we aimed to raise awareness on minimizing food wastage by residents, all while encouraging residents to source their groceries from "ugly food" in promoting green lifestyles.

The event was a huge success, with quite a number of residents joining us for a steamboat feast at the foyer. For those who missed the free food, don't fret - there's always more freebies from the team in the future, so stay tuned!

Sustainability events this month

Event

Weekly Guided Tour

Date

Weekends in Apr

Find out more:

<https://www.nparks.gov.sg>

Spring into Summer Earth Day

20 Apr - 21 Apr

<https://www.eventbrite.sg/>

Orchid Garden Tour

20 Apr

<https://beta.nparks.gov.sg/>

HSBC Climate Change and Biodiversity Programme (CCBP)

20 Apr

<https://forms.office.com/r/eB4UDkNBeg>

Earth X Fashion 3.0

15-24 Apr

<https://www.eventbrite.sg/>