

# GUIDE TO THE FULLERTON Farm

## Flowers

### Butterfly Pea Flower

SCIENTIFIC NAME  
*Clitoria ternatea*



A slender climbing legume with short, soft hairs on its stem, deep roots, and ornamental flowers.



Butterfly pea flowers impart a vibrant blue colour to food and beverages.

### Hibiscus

SCIENTIFIC NAME  
*Hibiscus sabdariffa*



Also known as Roselle, this plant is known for its vibrant ornamental pinkish flowers.



The plant's fleshy red calyxes are used to make jams and beverages with a blackcurrant-like taste.

# Herbs & Spices

## Curry Leaf Tree

SCIENTIFIC NAME  
*Bergera koenigii*



The curry leaf tree features fragrant, pinnate leaves that are highly valued in culinary uses.



Curry leaves are widely used in dishes like sambar, chicken curry, and fish curry, where they add a distinct aromatic and slightly citrusy flavour.

## Galangal

SCIENTIFIC NAME  
*Alpinia galanga*



A fragrant root spice related to ginger, known for its sharp, citrusy flavour.



Widely used in Southeast Asian cuisine, it adds depth to dishes like curries, soups and sauces.

## Laksa Leaves

SCIENTIFIC NAME  
*Persicaria odorata*



Known for its unique, citrusy aroma that adds a distinctive flavour to dishes.

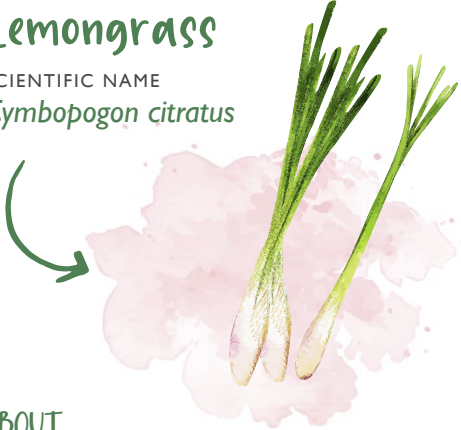


Laksa leaves are used to enhance the flavour of dishes, such as the namesake *laksa* and a variety of soups.

# Herbs & Spices

## Lemongrass

SCIENTIFIC NAME  
*Cymbopogon citratus*



A tropical plant known for its citrusy aroma and robust flavour.



Widely used in Asian cuisine, it adds a zesty note to soups, curries, and teas, and is also valued for its medicinal properties.

## Pandan

SCIENTIFIC NAME  
*Pandanus amaryllifolius*



A fragrant tropical plant known for its long, blade-like leaves, which impart a unique, sweet aroma.



Pandan is used in Southeast Asian cuisine as a natural food colouring, and to flavour rice, desserts, and drinks.

## Peppermint

SCIENTIFIC NAME  
*Mentha x piperita*



Peppermint is a natural hybrid of water mint and spearmint, containing menthol, which gives it its characteristic cooling sensation and aroma.



Peppermint is used in teas, candies and traditional remedies for its refreshing flavour and potential health benefits, such as aiding digestion.



# Herbs & Spices

## Rosemary

SCIENTIFIC NAME  
*Salvia rosmarinus*



Rosemary is an aromatic herb known for its needle-like leaves and distinctive, pine-like fragrance.



Widely used in cooking to enhance the flavour of meats, soups, and bread.

## Spearmint

SCIENTIFIC NAME  
*Mentha spicata*



Spearmint is known for its refreshing, slightly sweet flavour with a hint of coolness.



The scent of spearmint is often used in aromatherapy for its uplifting and invigorating properties.

## Sweet Basil

SCIENTIFIC NAME  
*Ocimum basilicum*



Sweet basil is a fragrant herb known for its vibrant green leaves and sweet, slightly peppery flavour.



Sweet basil contains eugenol, a compound with anti-inflammatory and antioxidant properties.



# Herbs & Spices

## Turmeric

SCIENTIFIC NAME  
*Curcuma longa*



An important spice in South Asian and Middle Eastern cuisine, adding a bittersweet flavour and bright yellow colour to food.



The vibrant yellow colour from turmeric is used as a food colouring agent and to dye clothing and textiles.

## Vanilla

SCIENTIFIC NAME  
*Vanilla planifolia*



A primary source of natural vanilla flavouring, celebrated for its rich, creamy aroma and complex flavour profile.



Vanilla is used to infuse flavour into a wide range of products, including desserts and perfumes.

## Wild Pepper

SCIENTIFIC NAME  
*Piper sarmentosum*



Wild pepper is characterised by its distinctive heart-shaped leaves with a glossy surface.



Wild pepper has been used for centuries in traditional medicine and cooking.

# Fruits

## Dwarf Banana

SCIENTIFIC NAME  
*Musa acuminata*



Known for its short stature and high yield, the dwarf banana produces sweet, seedless bananas that are a staple in fruit markets.



Used for desserts like *goreng pisang* (fried banana fritters), smoothies, and as a sweet snack.

## Kaffir Lime

SCIENTIFIC NAME  
*Citrus hystrix*



A unique citrus fruit known for its bumpy skin and fragrant leaves.



Its leaves are an essential component in Thai green curry paste, imparting a distinct, fresh citrus flavour.

## Lime

SCIENTIFIC NAME  
*Citrus x aurantiifolia*



Known for its high vitamin C content, this glossy fruit turns from green to pale yellow as it matures.



Lime juice is commonly used to add flavour to meat and fish dishes and is also used in aromatherapy for its tangy and refreshing scent.

Our **lime** and **kaffir lime** trees are grown using espalier horticulture, which trains trees to grow flat against a wall or fence to help them fit into small spaces. This technique is believed to have originated in ancient Rome!



# Fruits

## Lemon

SCIENTIFIC NAME  
*Citrus x limon*



A versatile citrus fruit known for its bright yellow colour, tangy flavour, and refreshing aroma.



Rich in vitamin C, lemons are used worldwide in culinary, medicinal and cleaning applications.

## Passion Fruit

SCIENTIFIC NAME  
*Passiflora edulis*



The passion fruit thrives in Singapore's tropical climate, producing nutrient-rich fruits high in vitamin C, antioxidants, and dietary fibre.



Passion fruit is commonly used to create refreshing drinks and delectable desserts, including tarts and cakes.

## Star Fruit

SCIENTIFIC NAME  
*Averrhoa carambola*



A tropical fruit, known for its distinctive star-shaped cross-section and sweet-sour taste.



Star fruit is not only visually striking but is also entirely edible, including its skin.

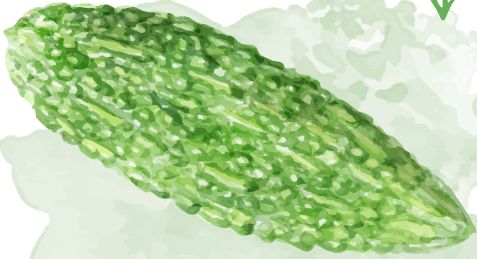


# Vegetables

## Bitter Gourd

SCIENTIFIC NAME

*Momordica charantia*



Singapore's temperature range and rainfall provide an ideal environment for cultivating bitter gourd, which is rich in vitamins A and C.



The young fruits are commonly cooked and eaten as a vegetable.

## Cucumber

SCIENTIFIC NAME

*Cucumis sativus*



Cucumbers are about 95 percent water, making them one of the most hydrating vegetables.



Cucumbers are integral to the popular dish, *rojak*, a traditional salad that combines a variety of fruits and vegetables with a sweet and savoury sauce.

## Long Bean

SCIENTIFIC NAME

*Vigna unguiculata*



A versatile legume prized for its lengthy and slender pods, the long bean is celebrated for its crisp texture and subtly sweet flavour.



Long beans are integral to traditional Malay, Chinese, and Peranakan dishes, frequently appearing in stir-fries, curries, and festive meals.