

GUIDE TO THE FULLERTON *Farm*

Flowers

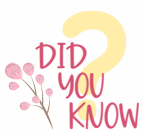
Bamboo Orchid

SCIENTIFIC NAME

Arundina graminifolia



A native plant with tall, bamboo-like stems and delicate purple-pink blooms, the bamboo orchid thrives in sunny spots.

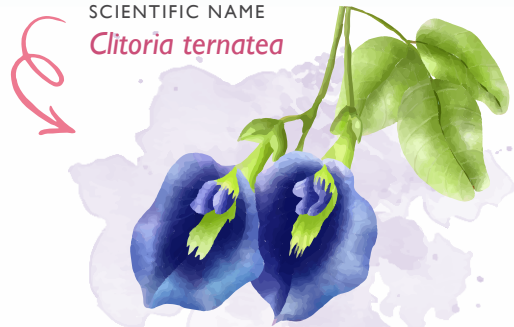


The bamboo orchid is one of the few orchids that can grow in the ground and flower almost year-round in Singapore's climate.

Butterfly Pea Flower

SCIENTIFIC NAME

Clitoria ternatea



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



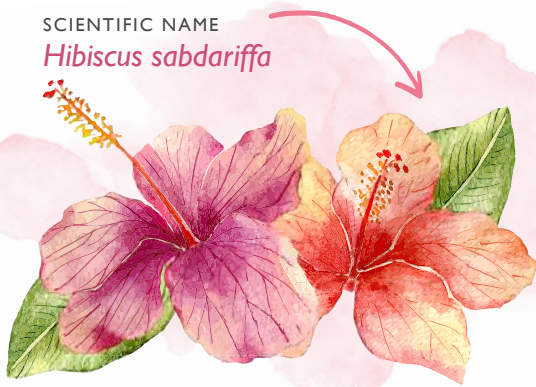
Butterfly pea flowers impart a vibrant blue colour to food and beverages.

Flowers

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.

Marvel of Peru

SCIENTIFIC NAME

Mirabilis jalapa



This bushy, flowering plant is known for its trumpet-shaped blooms that open in the late afternoon.



A single plant can produce flowers in multiple colours —white, yellow, red, and sometimes even on the same branch!



Herbs & Spices

Chilli Padi

SCIENTIFIC NAME
Capsicum frutescens



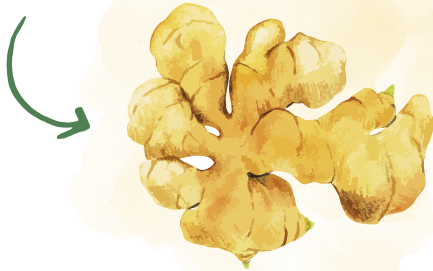
A small but mighty plant known for producing fiery-hot chillies. It grows well in pots and gardens with plenty of sunlight.



Despite their size, chilli padi peppers pack intense heat—just one or two can spice up an entire dish.

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.

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.

Laksa Leaves

SCIENTIFIC NAME
Persicaria odorata



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

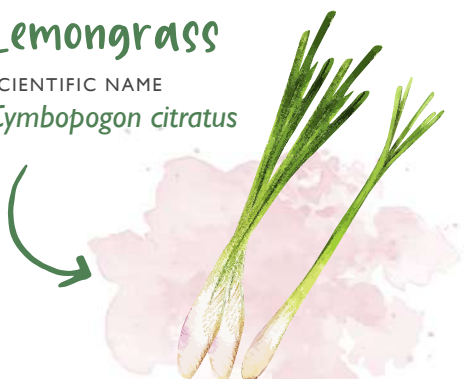


Laksa leaves are used to enhance the flavour of dishes, such as the namesake *laksa* and a variety of soups.

Herbs & Spices

Lemongrass

SCIENTIFIC NAME
Cymbopogon citratus



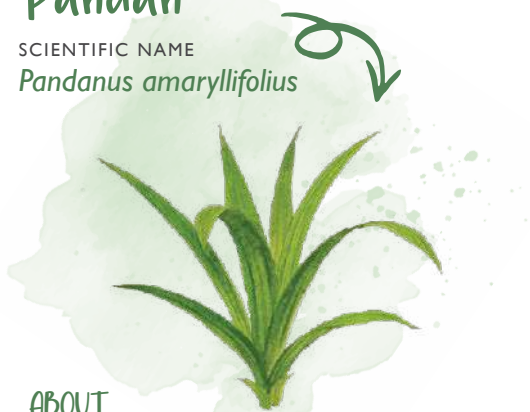
A tropical plant known for its citrusy aroma and robust flavour.



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.

Moringa

SCIENTIFIC NAME
Moringa oleifera



A fast-growing, drought-resistant tree known for its slender branches and small white flowers.



Moringa leaves are widely regarded as a superfood, rich in vitamins, protein, and antioxidants.

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.

Tamarind

SCIENTIFIC NAME
Tamarindus indica L.



This slow-growing tropical tree has fern-like leaves and long, velvety brown pods filled with seeds and tangy, edible pulp.



Tamarind adds a tangy kick to some of Singapore's iconic dishes, such as Mee Siam and Asam fish.

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.

Thai Basil

SCIENTIFIC NAME
Ocimum basilicum var. *thyrsoflora*



Possessing purple stems and a spicy, anise-like aroma, Thai basil is heat-tolerant and widely used in Asian dishes.



Thai basil retains its flavour better than sweet basil when cooked, making it the perfect addition to stir-fries.

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

Calamansi

SCIENTIFIC NAME
Citrus x microcarpa



This versatile plant can grow as a small tree or a shrub, with glossy green leaves and round, green-orange fruit.



Calamansi juice is often used in Southeast Asian cuisine as a seasoning and enjoyed as a refreshing beverage.

Dwarf Banana

SCIENTIFIC NAME
Musa acuminata



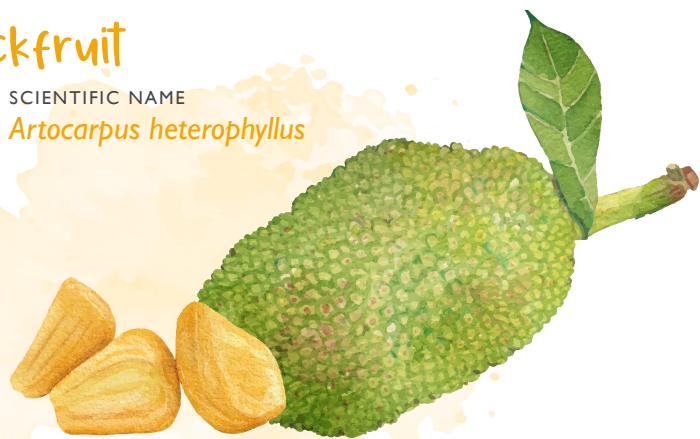
Known for its short stature and high yield, the dwarf banana produces sweet, seedless bananas that are a staple in fruit markets.



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

Jackfruit

SCIENTIFIC NAME
Artocarpus heterophyllus



This large tropical tree bears massive, spiky fruits with sweet, fibrous yellow flesh.



The timber of the jackfruit tree is naturally resistant to termites, as well as fungal and bacterial decay.

Fruits

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.

Mango

SCIENTIFIC NAME
Mangifera indica



A tropical tree with thick, glossy leaves and juicy, golden fruit, characterised by slightly drooping leaves.



Unripe mangoes can be pickled or added to salads for a tangy twist.

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.