

GUIDE TO THE FULLERTON *Farm*

Flowers

Blue Butterfly Pea

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

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.

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.

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.

Herbs & Spices

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.

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.

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.

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.

Herbs & Spices

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.

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.

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.

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.

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.

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.

Fruits

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
Musa acuminata



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



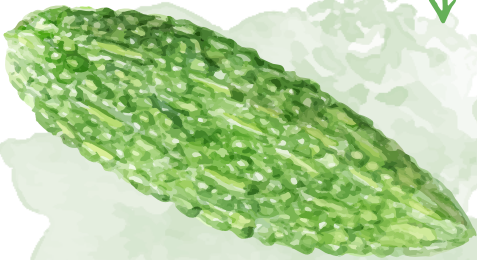
Star fruit is not only visually striking but is also entirely edible, including its skin.

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.