

Depending on the species, 'root vegetables' can either be grown from seed or propagated vegetatively from plant parts such as corms, rhizomes, tubers and stems. Plants grown through vegetative propagation take a shorter time to mature. They also retain all the characteristic of the parent (original) plant.

How to Propagate New Plants



Here are some common methods for growing new plants:

Know 10 Root Vegetables

About Community in Bloom

Community in Bloom (CIB) is a programme that was launched by the National Parks Board (NParks) in 2005. It aims to nurture a gardening culture among Singaporeans by encouraging and facilitating community gardening efforts. It is also an opportunity to build community bonds and strengthen social resilience in our City in Nature.



Share your love for nature and animals at
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For more information, visit our website at www.nparks.gov.sg/cib or email us at CommunityInBloom@nparks.gov.sg

For more information on plants in Singapore, visit NParks Flora & Fauna Web at www.nparks.gov.sg/florafaunaweb

For more gardening resources and tips, visit go.gov.sg/gardening-resources

To learn more about our City in Nature, scan the QR code or visit www.nparks.gov.sg/about-us/city-in-nature



This brochure features 10 'root vegetables' that you can grow in Singapore. These are plants that produce underground storage organs such as swollen tap roots, corms, rhizomes and tubers. We hope this brochure will encourage you to try growing these plants in your community garden!

Arrowroot



Scientific Name
Maranta arundinacea

Plant Characteristics
Arrowroot grows in clusters and can reach a height of 0.5 m. It produces tuberous roots. It takes about 240 to 365 days for the tuberous roots to be ready for harvest.

Cultivation and Plant Care
Arrowroot grows well in fertile, loamy soil that drains well. This plant thrives in both full sun and semi-shade and requires moderate watering. It can be propagated by division of plant clusters or rooting small pieces of the tuberous root.

Culinary Uses
The tuberous roots are made into flour and commonly used in biscuits, cakes, jellies and puddings.

Bangkuang



Scientific Name
Pachyrhizus erosus

Plant Characteristics
Bangkuang, also known as the Yam Bean, grows as a twining vine. From seed, the plant requires at least 150 days to produce sizeable tubers that are 5 to 16 cm in diameter. Note that apart from the edible tuber, all other parts of the plant are toxic.

Cultivation and Plant Care
Bangkuang should be planted in moist soil that drains well. This plant thrives in full sun and requires moderate watering. It can be propagated by seeds and needs a structure to climb on.

Culinary Uses
The swollen tuber has a crisp, sweet taste and is eaten raw or cooked in stir-fries and soups. It is also used as a filling in *popiah* (a type of spring roll filled with shredded vegetables).

Fingerroot



Scientific Name
Boesenbergia rotunda

Plant Characteristics
Fingerroot is a species of ginger, and spreads via the growth of its rhizome. Its leafy shoots can reach a height of 0.5 m. It takes about 120 to 155 days for the rhizome to be ready for harvest.

Cultivation and Plant Care
Fingerroot grows well in moist, well-draining soil. This plant thrives in semi-shade and requires moderate watering. It can be propagated by planting rhizomes purchased from the market.

Culinary Uses
The young rhizomes and shoots are cooked as vegetables or eaten raw. The rhizomes are also used as an aromatic spicy flavouring for food and pickles.

Peanut



Scientific Name
Arachis hypogaea

Plant Characteristics
The Peanut plant can grow up to a height of 0.5 m. It produces underground fruits in the form of pods containing one to six seeds. It takes about 110 to 130 days for the fruits to be ready for harvest.

Cultivation and Plant Care
The Peanut plant grows well in fertile, well-draining soil and thrives under full sun. It requires moderate watering and is propagated by seeds.

Culinary Uses
The seeds can be eaten raw or cooked, and are used in confections, sauces and snacks.

Sweet Potato



Scientific Name
Raphanus sativus

Plant Characteristics
Radish produces a clump of leaves above the ground and a swollen tap root underground. The plant can be raised from seed and it takes about 30 to 50 days for the root to be ready for harvest.

Cultivation and Plant Care
Radish grows best in loose, friable and well-draining soil for optimal tap root development. This plant thrives in full sun and requires moderate watering.

Culinary Uses
The swollen tap root is peeled and cut into small pieces which are cooked in soups and meat dishes. The leafy tops can also be stir-fried and eaten as a leafy vegetable.

Taro



Scientific Name
Manihot esculenta

Plant Characteristics
Tapioca is a shrub that can grow up to a height of 3 m. It takes about 270 to 365 days for the tubers to be ready for harvest.

Cultivation and Plant Care
Tapioca prefers to grow in well-draining soil. It thrives in full sun and requires moderate watering. It can be propagated by woody stem cuttings.

Culinary Uses
The tubers are a rich source of carbohydrates and the young leaves are eaten as a leafy vegetable.

Water Chestnut



Scientific Name
Colocasia esculenta

Plant Characteristics
Taro can grow up to a height of 1.5 m. It takes about 120 to 305 days for the corms to be ready for harvest.

Cultivation and Plant Care
Taro grows best in friable, fertile soil that is kept moist at all times. It thrives in full sun or semi-shade and requires lots of watering. It can be propagated by the division of plant clusters or planting corms.

Culinary Uses
The leaves and tubers can be eaten after being cooked.



Scientific Name
Eleocharis dulcis

Plant Characteristics
Water Chestnut grows in clusters and can reach a height of 0.3 m. It produces hollow leaves and corms. It takes about 210 to 275 days for the corms to be ready for harvest.

Cultivation and Plant Care
Water Chestnut should be grown in soil that is kept flooded (with 10 to 30 cm of water above the soil line), such as in waterlogged sites or inside a pot that will hold sufficient water. Ensure you put fish or BTI pellets in standing pools of water to prevent mosquito breeding. This plant thrives in full sun. It can be propagated by division of plant clusters or planting corms.

Culinary Uses
The corms are eaten raw or cooked. They are used as stuffing, or in soups and salads.