



## I Want to Do More!

The important role you play in greening Singapore does not stop here. Here are some ways you can continue to play your part:

- Encourage your family and friends to grow plants at home or in their offices
- Join your school's Green Club or start your very own!
- Learn more about our environment by reading up on nature and spending time in our parks, gardens and nature reserves

Can you think of other ways where you can contribute to making Singapore a City in a Garden? Share them with your classmates and teachers!

For more information on the Every Child a Seed programme, visit  
[www.nparks.gov.sg/everychildaseed](http://www.nparks.gov.sg/everychildaseed)

Plant information and photographs used in this booklet are courtesy of  
NParks Flora and Fauna Web  
[florafauanaweb.nparks.gov.sg](http://florafauanaweb.nparks.gov.sg)

# EVERY CHILD A SEED MY PLANT JOURNAL



Name : \_\_\_\_\_  
Class : \_\_\_\_\_  
School : \_\_\_\_\_

# Some Common Plants and their Uses

## Sunflower (*Helianthus annuus*)



### Did You Know?

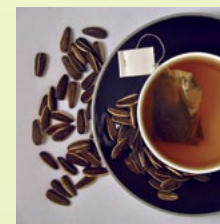
The Sunflower is not really a flower. It is made up of many small flowers clustered together. The outer ring is made up of flowers with big yellow petals. The flowers in the centre are important because they produce seeds.

### Uses

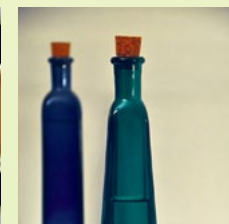
The Sunflower is commonly used in bouquets and floral arrangements. Many of its plant parts are also edible and used as medicine.



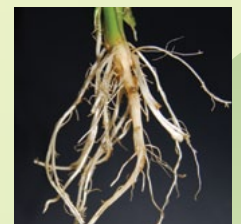
Sunflower seeds make a delicious and healthy snack.



The flowers and leaves are used to make tea.



Oils and margarine can be produced from the plant.



The roots are known to relieve swelling from snakes and spider bites.

Once upon a time, Singapore island was mostly covered with jungles and swamps and was home to a small, sleepy fishing village.

Then more and more people came and settled on the island, and greenery and nature had to make way for roads and buildings.

To build a beautiful and special home, people started to transform Singapore into a Garden City. Green parks started to emerge across our island. Fast-growing shady trees such as the Rain Tree and Yellow Flame Tree were planted while creeper plants started to cover our flyovers and overhead bridges. These made Singapore a place where people can live, work and play in a garden environment that they helped create – a City in a Garden.

You too can play your part in caring for our City in a Garden.  
Let's find out how!



## Roselle (*Hibiscus sabdariffa*)



### Did You Know?

The Roselle is a common home garden vegetable. Almost every part of the plant, from the leaves to the red calyces\* and the roots, is edible.

### Uses

From Africa to Europe, America, China and Southeast Asia, the leaves and red calyces of the Roselle are used widely for cooking, making drinks and for medicinal purposes.



The red calyces are used to make a drink that tastes like Ribena.



Dried Roselle calyces are sometimes processed into sweet pickles.



Roselle calyces can be made into preserved fruit or jam.

\*Calyces: Plural for calyx, the outer layer of the flower bud.

## Kangkong (*Ipomoea aquatica*)



### Did You Know?

The Kangkong is a vegetable loved by Singaporeans but in places like America and the Philippines, it is viewed as a weed due to its quick growth. It can grow up to 10 cm in a day – too fast for farmers to weed it! Its stem is hollow and can float on water.

### Uses

The Kangkong is commonly used in Asian cuisine and is known to have medicinal properties.



The leaves and stems, when fried with sambal chilli, is a popular dish in Singapore.



Kangkong is used in salads for their refreshing flavour.



The leaf extract is known to help reduce blood sugar in diabetic patients.

# Growing Your Own Plants

Let's try to grow some of these plants for our City in a Garden!

You have received a plant starter kit consisting of a small pot, a packet of potting mix and a packet of seeds.

Before you begin planting, wash your hands and lay some old newspapers on the table or floor.

step

1



Fill  $\frac{3}{4}$  of the pot with potting mix.

step

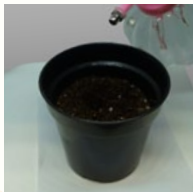
2



Make five shallow holes about 1 cm deep using a chopstick and put a seed into each hole. Do not have the holes too close to one another. Cover the holes with a thin layer of potting mix.

step

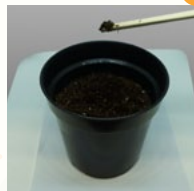
3



Water generously until water drips from the drainage holes of the pot. Place the pot in a warm and semi-shaded environment.

step

4



Water daily. Make sure the potting mix is damp but not wet. You can check the soil moisture level by pushing a thin stick into the soil and pulling it out. If soil remains on the stick, it means there is sufficient moisture, and is a signal that you can stop watering.

step

5



Place the pot under sunlight when leaves appear.

# My Plant Growth Record

Now you are ready to observe your plants growing!  
Share observations of your plants' growth in the boxes below. Describe how your plants are growing, or draw what they look like at different stages.

Seeds were planted on: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ (DD/MM/YYYY)  
Using the ruler on the right, measure the height of your tallest plant.

**Week/Month 1**

Height of tallest plant: \_\_\_\_ cm

**Week/Month 2**

Height of tallest plant: \_\_\_\_ cm

**Week/Month 3**

Height of tallest plant: \_\_\_\_ cm

**Week/Month 4**

Height of tallest plant: \_\_\_\_ cm

Note: Sunflowers may take a longer time to grow. Take down your observations once a month instead!

Did you enjoy growing your plant? Why or why not?

What is one value you learnt from growing your plant? Share one example of how you exhibited this value during the planting process.

