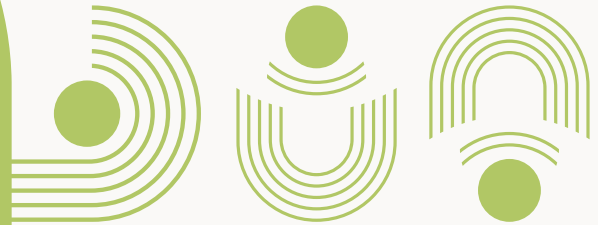


Kranji Countryside  
Association



Let's Discuss

# EDUCATIONAL WORKSHOP



Empower Yourself with Knowledge at Our Sustainable  
& Educational Workshop



Register Now



[admin@kranjicountryside.com](mailto:admin@kranjicountryside.com)



Uncle William Pte Ltd  
Hands-On Journey with  
Local Farms  
Duration : 1 Hr (Min 30 pax)

### 1. Singapore Farm & Produce

Discover the rich agricultural landscape of Singapore and the hard work behind our locally grown produce. This workshop provides an insightful journey into urban farming, showcasing how farmers cultivate fresh vegetables, seafood, and other local specialties. Participants will learn about sustainable farming practices, the benefits of consuming local produce, and even get to sample or bring home fresh farm-to-table products.

### 2. Egg-pert

Ever wondered what makes an egg fresh or how different farming methods affect its quality? In this hands-on workshop, participants will become "egg-xperts" by learning about the different types of eggs, the nutritional benefits, and the science behind egg freshness. The session may include fun experiments, egg tasting, and even interactive activities like candling eggs to check their quality.

### 3. Mushroom with Spawn Pack Making

Step into the fascinating world of mushrooms and learn how to cultivate your own at home! This workshop guides participants through the process of making a mushroom spawn pack, from selecting the right substrate to inoculating it with mushroom spores. You'll also gain insights into the lifecycle of mushrooms, their health benefits, and how to care for your spawn pack to harvest fresh, homegrown fungi. Perfect for those interested in sustainable food production!

- Introduction to Black Soldier Flies:
- Learn about the life cycle, behavior, and ecological significance of these fascinating insects.
- Biology and Behavior:
- Explore the unique characteristics of black soldier flies that make them ideal candidates for waste management solutions.
- Case Studies:
- Discover real-world examples of black soldier fly cultivation and its impact on waste reduction and resource recovery.
- Q&A Session: Engage with our expert panelists to address any questions or concerns about black soldier fly cultivation and its practical applications.





Mushroom World Academy  
The Lifecycle of Mushroom  
Duration : 1.5 Hr (Min 30 pax)

Case study: Diverting waste stream to grow herbal mushrooms

Types, cultivation methods, nutritional/medicinal value & many more

- Lifecycle of mushroom cultivation

Learn about the 4 stages and experience tissue cultivation (1-2 participants)

- Repurposing waste to grow mushrooms

How to turn waste into food for mushrooms, combine them with DIY hacks to start growing at home!

Scan our QR code to access Lingzhi recipes, and don't forget to bring your own container to take home our Fresh Mushroom after the lesson!







Nippon Koi Farm

Aquaponics Workshop

Duration : 1.5 Hr (Min 30 pax)

- Aquaponics is a system that combines aquaculture (raising fish) with hydroponics (growing plants in water).
- Introduction to Aquaponics: Basics of how aquaponics systems work, including the nitrogen cycle, symbiotic relationship between fish and plants, and system design.
- Harvesting and Utilization: Harvesting both fish and plants from the system, and ideas for utilizing the produce.
- Environmental Considerations: Discussion on the environmental benefits of aquaponics compared to traditional farming methods, such as water conservation and reduced use of chemical fertilizers.

Lastly, experience with the mesmerizing Dancing Fish Show accompanied by a delightful serving of Spinach Ice Cream!





# The Fish Farmer

## Intro to Fish Farming in Singapore

Duration : 1.5 Hr (Min 30 pax)

### Fish farming goes high-tech

Former IT man uses technology to bring industry into 21st century

By NATALIE HUAN AND CHAN HUAN JUN

IT LOOKS like a traditional fish farm floating on the sea, at first. Drive closer to Metropolitan Fishery Group, however, and more begins to meet the eye. Solar panels are mounted on the roof of a small wooden shed. And a peek at the owner's iPhone reveals a water monitoring system which can be accessed remotely. These are just two of several high-tech features which make the fish farm stand out in an industry that has long depended on low-cost labour instead of technology. Metropolitan Fishery Group is the brainchild of 40-year-old Madelon Ong. In 2007, he took a leap of faith. From being a managing director of a French software company, he plunged into fish farming, despite having no experience. "It was all because I wanted to buy a boat," he said. "As I did my research, I got to know more and more fishermen who lamented the dwindling local fish stocks in Singapore. That was when I realised fish farming was feasible and I could make a difference." Locally harvested fish currently meets 7 per cent of demand here.



Mr Madelon Ong, owner of Metropolitan Fishery Group, holding up a tilapia fish tagged with a QR code, which provides information on the fish, such as its weight, as well as recipes. His fish farm incorporates high-tech equipment, including a water-monitoring system that can be accessed remotely. (FOTO: KHA CHEE SENG)



#### SOME THINGS STILL THE SAME

"Back-breaking labour. It's all muscle and human strength. I need three or four people to reel in a net when it's filled with fish. Each fish weighs half a kilogram. Automation has yet to make an appearance here."

— Mr Madelon Ong, on how some things about fish farming have not changed. Metropolitan Fishery Group workers (left) at the fish farm off Little Chong Kang jetties harvesting fish.

depends entirely on what gets in to the net.

As a veteran of the IT industry, it would seem natural that Mr Ong's fish farm incorporates high-tech equipment, including the water-monitoring system. When the oxygen level in the water is low, an alert is sent. Staff can then activate an oxygen pump, giving the fish a better chance of surviving. Low oxygen levels are a common problem for fish farms.

Still, he says, the most important thing he brought from the office to the farm was his people-management skills.

"It's all about bringing a team of people together. Like in IT, when we worked on projects, in the same way here you need to coordinate people."

As much as technology has changed the game in the industry, some things remain the same.

"Very old Ong" "Back-breaking labour. It's all muscle and human strength."

"I need three or four people to reel in a net when it's filled with fish. Each fish weighs half a kilogram."

"Automation has yet to make an appearance here."

— Mr Madelon Ong, on how some things about fish farming have not changed. Metropolitan Fishery Group workers (left) at the fish farm off Little Chong Kang jetties harvesting fish.

WATCH THE VIDEO  
www.sitetimes.com  
SHAWN LEE MILLER  
finds out what it takes to be a fisherman.

Download a free app  
Scan the QR code  
or visit  
www.sitetimes.com  
for more information.

- Introduction to the diminishing wild caught seafood in the ocean.
- Address the global challenges such as global warming, overfishing, pollution, and increased consumption. Utilize resources from WWF and other reputable sources for detailed information.
- Highlight the farm's efforts towards sustainability.
- Explain the fish farming process, from the fry stage to rearing in open sea cages under natural conditions.
- Discuss the feed used in fish farming and provide samples for demonstration.
- Delve into the unique characteristics of each fish species and the origin of their fries.
- Demonstrate the simplicity of preparing our fish with a live cooking session, featuring Crispy fish (or Teochew style) preparation.
- Distribute Crispy heat-and-eat (or Teochew style) fish portions for attendees to take home and self preparations.



Kok Fah Technology Farm  
A Guided Green House Experience  
Duration : 1.5 Hr (Min 30 pax)

Harvest & bring home own leafy vegetables from hydroponic system & A bottle of Aloe Vera Drink!



## HYDROPONIC GREENHOUSE

Embark on a journey and explore Singapore's largest hydroponic showcase greenhouse. Discover the diverse hydroponic farming techniques employed on our farm.



## HYDROPONIC HARVESTING

Participants will have the opportunity to harvest their own leafy vegetables from the hydroponic systems and bring them home to enjoy!

Bring Home



## SALAD TASTING

Immerse in the flavours of locally grown vegetables, savouring their freshness as we learn the different types of produce and begin our journey towards a healthier diet.



## LEARN ALL ABOUT ALOE VERA

Discover the advantageous qualities of aloe vera and the proper technique for effortlessly extracting its pulp. Indulge in our locally grown aloe vera through our exclusive honey aloe vera drink!

Bring Home





Qian Hu Fish Farm

Farm Workshop

Duration : 1.5 Hr (Min 20 pax)

- Understand the learning of fish keeping
- Learn the science
- Fish keeping guide to bring home
- Completed tank for fish keeping

Bring home Tank, Plants. Filter & gravel





正大园艺  
CHENGTAI NURSERY

Chengtai Nursery

The Art of Bonsai & Planting

Duration : 1.5 Hr (Min 15 pax)

- History and Philosophy of Bonsai

Origins of bonsai & Cultural significance

- Basic principles and aesthetics

Understanding Bonsai & Types of Bonsai Trees

- Popular species and varieties

Choosing the right tree for beginners

- Bonsai Styles and Forms

Classic bonsai styles (formal upright, informal upright, slanting, cascade, etc.)

- Artistic expression in bonsai
- Soil and Pot Selection

Soil composition and preparation

- Selecting appropriate pots for different trees

Planting and Repotting

- Steps for planting bonsai

When and how to repot  
Root care and trimming







## Edible Gardens City

Build your own Edible Garden!

Duration : 1.5hr (Min 30 pax)

- Farm Tours: A snapshot into farming right in the heart of our city. A multi-sensory tour experience, featuring our unique closed-loop farming solution
- Microgreens: A quick and easy way to get started on your edible gardening journey
- Basic Maintenance Programme: If you've build an edible garden with us, we have a 5-session package to help build gardening confidence and sense of ownership for staff.





Yili Farm

Harvest your own vegetables!

Duration : 1.5hr (Min 30 pax)

### Workshop 1

- Transplanting seedlings into pots & bring your the pot to grow your very own vegetables

### Workshop 2

- Harvesting of vegetables on your own & bring back the harvested goodness!





Sustenir

Supercities Tour

Duration : 1.5hr (Min 30 pax)

Transforming urban healthspans

- Learn about singapore 30x30 plans and sustenir food story on it's role towards the cities' food resilience
- Dress up in Sustenir PPE suit to enter the grow room.
- Post Harvest.
- Try the freshness harvest and it's innovation





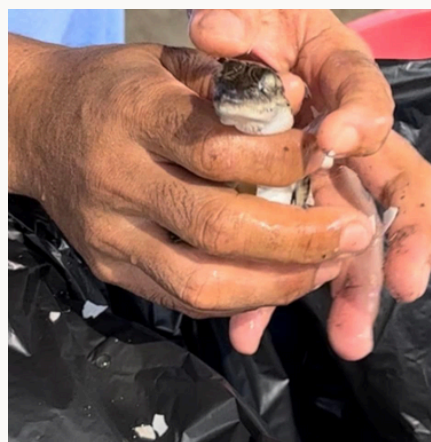


## Crocodile Farm

### Farm Tour

Duration : 1.5hr (Min 20 pax)

- Visitors are shown different farm facilities including Rearing Pens and Breeder Ponds,
- Visitors may get to see the feeding of growers and breeder crocodiles by farm personnel (subjected to availability),
- Visitors may get to feed the crocodiles under farm personnel supervision,
- Sharing on how crocodile skins are preserved,
- Showcase on special features and fun facts of body parts of crocodile using a stuff crocodile,
- Witness hatching of baby crocodiles (subjected to availability),
- Sampling of crocodile herbal soup (subjected to availability), and
- Buying of farm produce of crocodile meat(frozen).





Comcrop  
Rooftop Urban Farming  
Duration : 1.5hr (Min 30 pax)



## Workshops

We conduct close-knit workshops on sustainability, hydroponic growing and soil growing.

## Farm Tours and Learning Journeys

We conduct tours and learning journeys to a local commercial food production facility in Singapore.

## Customizable Programmes

We design fully customizable programmes and hydroponic set-ups for schools, corporate and public.

## VIA Programmes

We facilitate Value-in-Action (VIA) programmes or student-led environmental initiatives for schools.



# Mireia

Mireia Co.

Vanilla Farming

Duration : 1.5hr (Min 30 pax)

## Mireia Singapore Vanilla

- ✿ The Masterclass includes:
- ✿ Hands-on growing session
- ✿ Fresh stem cutting
- ✿ Potting materials





Hydrogro Pte Ltd  
Sustainable Farming  
Duration : 1 hr (Min 20 pax)

## Hydrogro Pte Ltd

### Edible Flowers and Microgreens farming



**The Microgreens Workshop:** (Duration: 30 mins, Min 20 pax)

- We will provide Grow Kits.
- Participants can have a hands-on experience on how to grow the Microgreens with our guidance.
- Each completion takes about 30 mins.



**Flower Art Workshop :** (Duration: 1 hr, Min 20pax)



- Transform Edible flowers to a Work of Art.
- Family bonding session to showcase their skillsets and imagination to turn flowers into their own Masterpiece of Art!
- We will provide the material that consist of: Cutting Mats , Plastics hammers, Flowers, Art papers
- Each completion takes about 20 mins.



# BLUE AQUA

Blue Aqua Interntional  
shrimp Farm Tour  
Duration : 1.5hr (Min 30 pax)

**BLUE AQUA**  
Sustain Our Future

nature's  
hug

## SHRIMP FARM TOUR

**LEARN** A guided tour on the A-Z of shrimp farming!

**HEARVEST** Pick your own fresh purchase!

**TASTE** BBQ Fresh Shrimp tasting!

Contact Now



8687 6556



sales@natureshug.sg



natureshug.sg

