

Know 10 Shade-Tolerant Edibles



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
#NParksBuzz #AnimalBuzzSG

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 shade-tolerant edible plants that are commonly cultivated in Singapore. We hope that this brochure will encourage you to try growing these edibles on your own or in your community garden!



Growing Edibles

Growing your own edible plants can be very rewarding, be it cultivating them on your own at home or in an allotment garden plot, or together with others in a community garden.

Ensuring that the space constraints and environmental conditions of your gardening area match the needs of your edible plants will increase your chances of success.

One of the key considerations when selecting which edibles to grow is the amount and intensity of sunlight that the gardening space receives. These can be affected by the orientation of the building (for indoor gardens), surrounding trees and structures that cast shade (on outdoor gardens), and other features of the existing landscape, among other things.

Conditions to consider when selecting edibles for your garden

Sunlight intensity

This refers to the brightness of available light. To determine the sunlight intensity at your gardening space, place a sheet of white paper 30 cm below your outstretched hand.

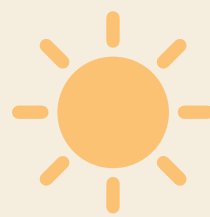


Filtered sunlight

Direct sunlight casts a dark and defined shadow, while filtered sunlight casts a fuzzier shadow. Shade-tolerant plants may be burnt by intense, direct sun, and generally do better if the light is filtered.

Sunlight duration

This refers to the amount of sunlight that your gardening space receives. Areas that receive less than four hours of filtered sunlight per day may be suitable for growing shade-tolerant edibles.



Other key considerations

- **Available space**
Plants should be selected based on their expected size at maturity.
- **Air circulation**
This is impacted both by airflow through the gardening area and density of plants in the garden.
- **Soil conditions**
These include soil pH, type and texture. The soil can be tailored to the plants being grown by applying amendments and other additions.
- **Water requirements**
Some plants require more frequent watering than others.

Brazilian Spinach



Scientific Name
Alternanthera sissoo

Cultivation and Plant Care
It grows well in loamy, well-draining soil and requires moderate watering.

Propagation Method
It can be grown via stem cuttings.

Uses
The plant can be grown between rows of other vegetables, and is beneficial to other crops because it can form a dense mat of edible leaves which can help to prevent weed growth. It can be used for border planting. The leaves can be cooked and used in a variety of dishes.

Chin Chow



Scientific Name
Platostoma palustre

Cultivation and Plant Care
It grows well in moist, well-draining soil and requires moderate watering.

Propagation Method
It can be grown via stem cuttings.

Uses
The plant can be grown as a groundcover in the landscape, and its flowers attract pollinators. The dried leaves can be used to make a jelly dessert and to flavour beverages.

Longevity Spinach



Scientific Name
Gynura procumbens

Cultivation and Plant Care
It grows well in loamy, well-draining soil and requires moderate watering.

Propagation Method
It can be grown via stem cuttings.

Uses
The plant can be used for ornamental plantings such as in small gardens or in containers/pots. The leaves are used to flavour food while the leaves can be eaten as vegetables.

Magenta Plant



Scientific Name
Peristrophe roxburghiana

Cultivation and Plant Care
It grows well in moist, well-draining soil and requires moderate watering.

Propagation Method
It can be grown via stem cuttings.

Uses
The plant can be used as an ornamental. An extract from the leaves can be used to make a food dye.

Okinawan Spinach



Scientific Name
Gynura bicolor

Cultivation and Plant Care
It grows well in loamy, well-draining soil and requires moderate watering.

Propagation Method
It can be grown via stem cuttings.

Uses
The leaves and young shoots are eaten in stews, soups and stir-fries.

Sand Ginger



Scientific Name
Pandanus amaryllifolius

Cultivation and Plant Care
It grows well in loamy soil and requires moderate watering.

Propagation Method
It can be grown via stem cuttings or suckers.

Uses
The plant can be used as a landscape plant in flowerbeds and border plantings. The scented leaves can be used to add fragrance to teas, cakes and desserts, or to wrap food.

Sawtooth Coriander



Scientific Name
Eryngium foetidum

Cultivation and Plant Care
It grows well in loamy, well-draining soil and requires moderate watering.

Propagation Method
It can be grown via seeds or cluster division.

Uses
The leaves can be used to season or marinate food or as a garnish.

Surinum Purslane



Scientific Name
Talinum fruticosum

Cultivation and Plant Care
It grows well in loamy, well-draining soil and requires moderate watering.

Propagation Method
It can be grown via seeds or stem cuttings.

Uses
The plant can be used as a landscape plant such as in flowerbeds and border plantings. The leaves and shoots can be cooked and eaten as vegetables.

Wild Pepper



Scientific Name
Piper sarmentosum

Cultivation and Plant Care
It grows well in loamy, well-draining soil and requires moderate watering.

Propagation Method
It can be grown via seeds or stem cuttings.

Uses
The plant is native to Singapore. It grows as a creeper and can be used as a groundcover in the landscape, or planted in flowerbeds, border plantings, and indoor gardens. The leaves can be used as a garnish or in dishes such as salads.