

SKY FARM ISLAND



ACTiViTy BOOK

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ABOUT THIS BOOK: HOW IT ALL BEGAN

Once upon a time, while I was working on a Roblox game called Sky Farm Island, which aimed to inspire kids to grow and eat their greens, I stumbled upon two amazing people who helped bring the idea for this book to life!

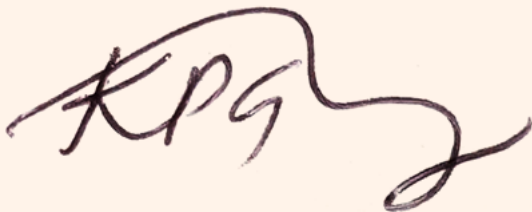
First, I found Jocelyn Salim when I was researching paint that changes colour when it gets wet. She was studying something similar for a school project and had shared her ideas online. Jocelyn was not only an illustrator but also super passionate about nature and sustainability—just like me! We instantly hit it off and kept in touch, knowing we'd work together someday.

Fast forward a few years, and Sky Farm Island was chosen as one of 78 games worldwide to be part of the 2024 Green Game Jam by Playing for the Planet, a super cool initiative by the United Nations. I needed an illustrator to create an activity book for our game, and guess who I called? That's right, Jocelyn!

Around the same time, I was learning about urban farming in Singapore and found a video featuring Christopher Leow, Singapore's very own urban farm expert. I was amazed by his journey from being a city kid with no farming experience to becoming a gardening pro! When we met, we had an awesome chat about growing food in the city, and the idea of creating a gardening tips book for kids popped up.

With Jocelyn's illustrations and Christopher's wisdom, this book started taking shape. Together, we created something special to inspire you to grow your own food, whether it's at home or at school.

We're so excited that Sky Farm Island is part of the 2024 Green Game Jam, and we can't wait for you to join us on this fun, green adventure. Let's play, learn and grow together!

A handwritten signature in dark purple ink, appearing to read "KPG" followed by a stylized flourish.

Kay Poh Gek Vasey
Chief Connecting Officer, MeshMinds

FOREWORD BY CHRISTOPHER LEOW

When I first started learning about growing food, I was a city kid with absolutely zero knowledge or experience about where food comes from.

After many years of being a 'black thumb', I slowly learnt so much about farming. The most important lessons that I came to realise about farming is not about how much technique or skill you have. But in fact, it is about how well you observe things around you, what their value is, how well you are able to put them all together effectively. The role of a farmer is like being a coach of a sports team. Being able to utilise the strength of every player, or in this case, every bacteria, ant, earthworm, centipede butterfly, flower and, of course, person. Every element does a job from pollination, to aerating soil, to providing fertility.

Once you have learnt how everything is interconnected, and you are respectful to each individual element, that is when you are able to grow food effectively.

In this book, I hope that you will be inspired to grow food. I hope that you will learn to observe and understand the value of why knowing how to grow food is important.

Even as we live our lives in the city, may we all be able to nurture the gardens in wherever we are, in our homes, and schools. And may we also nurture nature, and ourselves in the process.

Happy growing!



Christopher Leow
The Freestyle Farmer



FOREWORD BY ROC KOH

Hey Little Farmers!

Welcome to Sky Farm Island, where growing food is an adventure! Have you ever imagined planting your own vegetables, picking fresh herbs, or even harvesting juicy fruits? Well, guess what? You can! Whether you have a big garden or just a tiny space on your windowsill, you can start your own mini farm right where you are.

At Corridor Farmers, we believe that anyone can be a farmer—even in a city. Just like in Sky Farm Island, where you build and care for your own vertical farm, real-life farming is all about exploring, learning, and growing. The best part? You get to eat what you grow.

We also use innovative farming tools like Vegetray, a special planter system that makes growing food in small spaces easy and efficient. With smart designs and eco-friendly solutions, we help turn balconies, rooftops, and even corridors into farms.

This book is your treasure map to becoming an urban farmer. Get ready to dig in, get your hands dirty, and discover the magic of growing your own food. Whether you're playing in Sky Farm Island or planting in real life, together, we are a farm in every corner.

See you inside Sky Farm Island Game!



Roc Koh
Founder, Corridor Farmers (农多乐)



PLAY. LEARN. GROW!

YOUR ADVENTURE STARTS HERE!

PLAY

Manage your very own vertical farm on Roblox by playing **Sky Farm Island**. Click [HERE](#) to start your growing adventures today!

LEARN

Discover all the amazing crops you can grow at home or at school in Asia, and learn how to take care of them. This book will be your guide, with easy steps to help you design your own urban farm at home or at school.

GROW

Together, let's transform the world's urban jungles into garden cities and become plant-powered planet protectors!



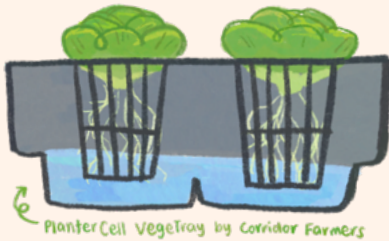
CHAPTER 1: INTRODUCTION TO GROWING

Welcome to the first step of your urban farming journey! **Sky Farm Island** is all about inspiring kids like you who live in cities (or 'urban jungles') to grow and eat their greens. Just because you may not have a big garden, don't worry! We are here to teach you how to make the most of your space, whatever the size. Before we start planting, let's learn about different ways you can grow edible plants.



SOIL

Growing in soil is the most common method of growing crops worldwide. There are healthy ways of cultivation in soil which improve the soil life diversity. There are also unhealthy ways of cultivation in soil which can damage ecosystems in and outside the soil.



HYDROPONICS

In this fascinating cultivation method plant roots get their nutrients from a nutrient solution. This allows plants to grow extremely quickly as the nutrients are in the most available form to be absorbed by plants.



AQUAPONICS

This unique farming method consists of cultivating food fish and plants at the same time. The fish waste becomes valuable nutrients for the plants, and the plants help to clean the water before returning them back to the fish. This is a very circular approach to farming.

GAMING TIP!

Head into **Sky Farm Island** and explore the Build menu to explore these different types of growing methods!

Now that you know the different ways to grow edible plants, let's find the best spot in your home or at school to begin your gardening journey!

IDENTIFYING A SPACE TO GROW



Windowsill

Perfect for small pots of herbs like coriander, mint, and basil leaves.



Balcony

Ideal for larger plants that climb or need supports like cherry tomatoes, cucumbers, and eggplant.



Table

Great for a small, indoor herb garden with plants like chives and lemongrass.

LIGHT AVAILABILITY

Plants need sunlight to grow. Here's how to make sure your plants get enough light:

Direct Sunlight
Most edible plants need at least 4 hours of direct sunlight each day.



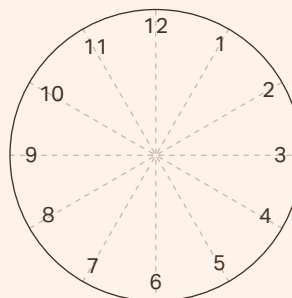
Semi-shade
Some plants, like lettuce and nai bai, can do well with partial sunlight.

TASK *1

Measure the amount of sunlight your chosen spot gets. Note down how many hours of direct sunlight it receives.

Location: _____

Direct sunlight / Semi-shade



Colour in the parts of the clock that show the times when your chosen spot gets sunlight

CHAPTER 2: WHAT TO GROW

Welcome to the second step of your urban farming journey! In this section, we'll explore the best plants for your tropical urban farm.

Did you know that there are over 20,000 species of edible plants in the world? Today, unfortunately, we mainly eat a few varieties that are mass-produced for sale in supermarkets. And the trouble is, we have grown to love eating fruit and vegetables from outside our local area. For example, in Singapore and across Southeast Asia, we enjoy tropical, hot and humid weather all year round. However, we love eating fruits like strawberries, and vegetables like broccoli, which prefer cooler temperatures.

Sky Farm Island is here to inspire you to grow a variety of easy-to-grow plants that thrive in warm climates. Let's discover what you can grow at home or at school!

HERBS



PANDAN

Used in kaya and desserts, pandan leaves add a sweet, fragrant aroma to a variety of dishes.



MINT

Ideal for refreshing drinks, mint leaves can also be used in salads and desserts for a cool, fresh taste.



LEMONGRASS

Great for soups and teas, lemongrass adds a fresh, citrusy taste to dishes and drinks.



SPICES



GINGER

From aromatic curries to refreshing drinks, ginger is versatile and believed to provide a range of health benefits.



TUMERIC

Adds colour and flavour to curries and is known for its anti-inflammatory properties.

LEAFY VEGETABLES



NAI BAI

Also known as baby 'pak choi' or 'bok choy', nai bai has a slightly sweet flavour complemented by a subtle nuttiness. Perfect for stir-fries and soups.



KANG KONG

Kangkong has long, hollow stems which have earned it the nickname 'hollow vegetable'. It's great for stir-fries and soups.



LETTUCE

Enjoyed for centuries around the world, lettuce adds crunch to local salads and stir-fries. It's easy to grow and versatile in many dishes.

FRUITING VEGETABLES

CUCUMBER



A refreshing and hydrating fruit that can be easily grown at home, adding a crisp crunch to salads, pickles, and beverages.

CHILLI PADI



A fiery chilli pepper commonly used in Southeast Asian cuisines, easily cultivated at home for fresh spice.

BRINJAL



Cherished for its rich taste and smooth texture, brinjal, also known as eggplant, can be cooked in a variety of ways, including grilling, roasting, and deep-frying.

PINEAPPLE



Used in both savoury and sweet recipes, pineapple adds a tropical twist to salads, stir-fries, desserts, and beverages like pineapple juice and cocktails.

FRUITS

PASSIONFRUIT



Sweet and tangy, passionfruit is delicious in juices, desserts, and as a topping for yogurt and salads.

PAPAYA



Delicious and healthy, papaya is great for breakfast or in salads and smoothies.

EDIBLE FLOWERS

BUTTERFLY PEA FLOWER



Vibrant flowers used as a natural food colouring to create striking blue-coloured beverages, rice dishes, or desserts.

CUCUMBER FLOWER



Delicate yellow flowers with a mild, slightly sweet taste and tender texture, perfect for garnishing salads or adding to light dishes.

FORGOTTEN PLANTS



SAYUR MANIS

A leafy green loved by grandparents, it's sweet and tender, great for soups and stir-fries.

ULAM RAJA

An edible herb with feathery leaves and pink-purple flowers, offering a sweet, citrusy flavor, often used in salads and Southeast Asian dishes.



TASK #2

Choose 3 edible plants you would like to grow in your urban farm and think about how you can use them in your cooking!

GAMING TIP!

Explore the Plant menu in **Sky Farm Island**, build a planter, and start planting in your virtual urban farm to learn how to grow these amazing crops!

PLANT

DISH







WORDSEARCH

H K U V Z U J O S D S X E I O
 G C N A I B A I W X F X O C I
 J V Y P P X L X C C Y W U O C
 T W R N V J Z E H H Q N O M S
 L D W T C E H G I S V H X I A
 I E B R I N J A L Y C K D N Y
 B O M K O M B Z L P P A O T U
 V H M O S Z I N I A D N L Q R
 L V W L N K Z P P P E G P V M
 P W G O B G J W A A H K B P A
 H P I J U C R E D Y R O S A N
 M Y N M O T U A I A A N R N I
 S S G R X P N S S S S G R D S
 W W E T G U R M N S K P C A L
 Q N R V P I N E A P P L E N D

Lemongrass

Sayur Manis

Papaya

Mintw

Chilli Padi

Pineapple

Kang Kong

Ginger

Brinjal

Nai Bai

Cucumber

Pandan

CHAPTER 3: PREPARING TO GROW

Welcome to the third step of your urban farming journey! In this section, we'll learn how to prepare the things you need for planting. Getting everything ready will ensure your plants grow strong and healthy. Let's dive in!

SOIL MIX

What is soil?

Soil is a combination of particles (like weathered rock), organic matter (decomposed organisms).

What does soil do?

It provides a habitat for different organisms like earthworms, bacteria, and fungi. It also provides structure for plant roots to hold on to.

In the tropics, soil is usually made from clay. It is a little bit sticky, and orangey in colour, and has a layer of humus. When we grow vegetables, we want to grow them in the top section, similar to the zone where the humus meets the clay soil. This top layer, called topsoil, looks like dark chocolate, smells sweet, and lets water drain easily.



A suitable soil mix for growing plants at home includes 2/3 topsoil and 1/3 compost mixed together evenly. You can also add a few spoonfuls of organic fertiliser like chicken manure, or vermicast to give your plants a little boost!

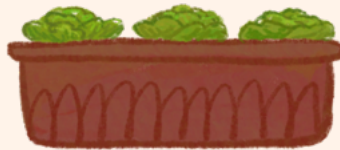
GETTING OUR PLANTS A HOME: CONTAINERS, POTS, & PLANTER BEDS

Choosing the right home for your plant is key to helping it grow well. Here are some general guidelines to help you decide what plants to grow based on the space you have.



Small

Ideal for herbs like mint and chives.



Medium

Suitable for leafy vegetables like lettuce and nai bai.



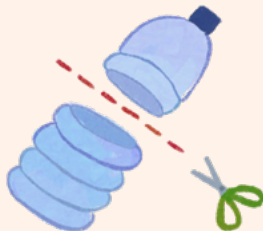
Large

Perfect for plants like cherry tomatoes and cucumbers that climb or need supports.

MAKE YOUR OWN POT!

Instead of buying a new pot, try this easy DIY project!

1



Cut the bottle in half

2



Ask a trusted adult to help you drill or poke holes at the bottom for drainage.

3



Customise your pot using paint or other decorations

4



If hanging on a windowsill, add strings.

START PLANTING!

SEEDS

1. Make a small hole in the soil with a stick.
2. Place the seed in the hole and cover it with soil, about twice as deep as the seed.
3. Water the soil regularly to keep it moist until the seed grows.



CUTTINGS

This method is also called vegetative propagation.

1. Identify the node. This is where leaves come out from.
2. Leave the top 4 leaves and remove the lower leaves.
3. Place the plant into water until the nodes start forming roots.
4. Transfer the plant to the pot where you intend to grow.



TUBERS

You can grow plants like sweet potatoes from tubers. Just bury the tubers in the soil and cover with about an inch of soil and watch the leaves sprout out.



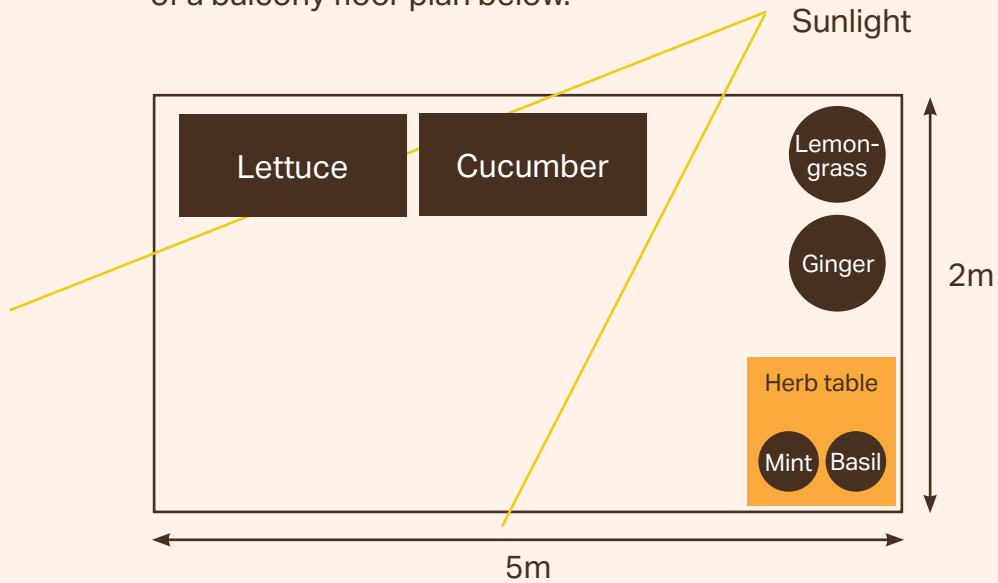
RHIZOMES

Grow ginger the same way as sweet potatoes. You can break the ginger into multiple pieces.



TASK #3

Measure your space and draw a floor plan in the empty box to determine what you can grow in your space. Add planters where you want them, and label what you'll plant in each one. See the example of a balcony floor plan below.



GAMING TIP!

Head into **Sky Farm Island**, claim your plot and head up to the different levels of your tropical urban farm to check out your growing spaces. Don't forget to check out the agrivoltaic solar panels on the roof where you can grow and capture the sun's energy at the same time!



CHAPTER 4: MAINTAINING YOUR FARM

Welcome to the fourth step of your urban farming journey! Now that you've set up your plants, it's time to learn how to take care of them. Maintaining your farm will help your plants grow strong and healthy. Let's dive in!

WATERING YOUR PLANTS

Plants need water to grow. The leaves are like a water balloon, they hold water. The water enters the plant mainly through the roots. Together with water, the roots bring along valuable nutrients too.

Here's how to make sure your plants get the right amount of water:



Frequency

Water your plants regularly, but don't overdo it. Most plants need watering when the top inch of soil feels dry.

Amount

Give enough water to moisten the soil but avoid waterlogging. Excess water should drain out.

Timing

Water your plants in the morning or late afternoon to avoid the hottest part of the day.

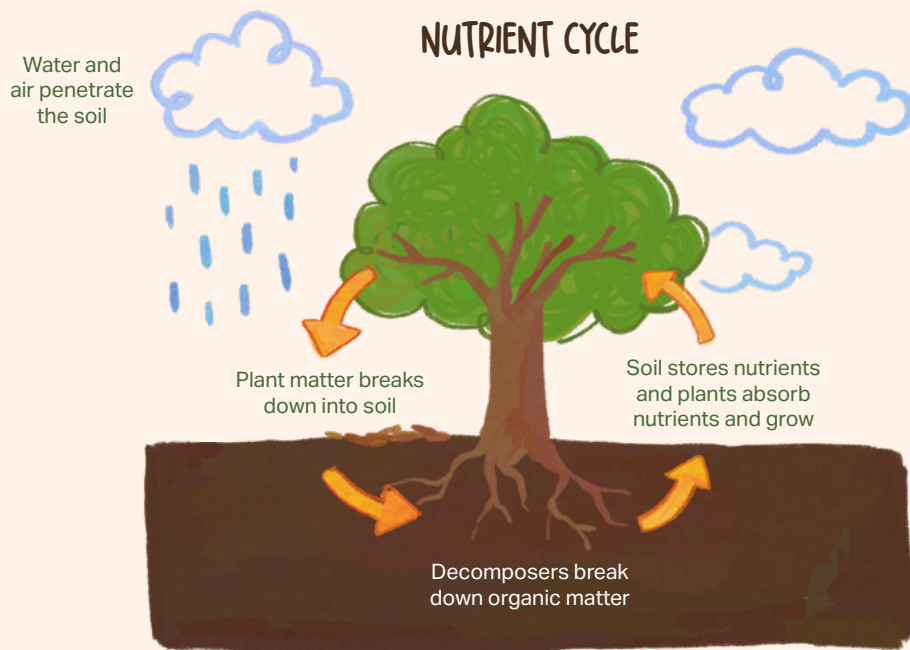
TASK #4

Soil test: To check if your plant needs watering, stick your finger into the top inch of the soil to see if it feels dry or wet. You can also use a soil moisture meter to check the soil's moisture level and make sure it's in the green zone.



FERTILISING AND MAINTAINING YOUR SOIL

In nature, if you look at a forest, plants do not move. Yet they feed themselves. They gain nutrients from themselves. As their leaves fall, insects like milipedes shred them, and as they get smaller and smaller, bacteria and fungi consume them. In the end the roots are able to absorb the nutrients that originally came from the leaves through this chain.



However in most gardens, because you do not let the leaves fall, and will be harvesting them for food, we need to introduce fertility back into the soil.



Compost adds beneficial microbes such as bacteria and fungi to the soil, which tremendously improves soil health by helping make nutrients more accessible to plant roots.

- A simple 'recipe' for making compost is having
- 2/3 consisting of carbon rich material (dried leaves/shredded newspaper)
 - 1/3 consisting of nitrogen rich material (coffee grounds/fruit and vegetable scraps/animal manures)

And mixing them evenly every 2 weeks.

It takes about 2 months for the compost to be created, and it should smell nice and earthy. Sprinkle about 4 spoons on the top of soil around every plant. Add more if the plant is larger.

MANAGING PESTS

First, we need a better picture of what a pest is. By definition, a pest is an organism in the garden that we as farmers do not wish it to be. However, it is just an insect that is doing its own job. So we must understand that we are intentionally wanting to remove that organism, and find ways of doing so. Often it is fine to leave some of these organisms we call pests in your farm. They represent some biodiversity in your farm. The more biodiversity the better.

Here are some ways to provide protection to pest for your plants:



The best protection: Healthy plants

Just like us humans, when we are weak because we don't have enough food or rest, or are very stressed, we fall ill. Bad bacteria and viruses find it easy to attack us. But if we are strong and healthy, we can protect ourselves against falling sick.

The same goes for plants. If plants are very strong, because they are fed well: they have enough nutrients, and have enough water, they are able to protect themselves against insects that want to eat them. Many insects are built to attack weak plants. The weak plants send out stress signals, and this causes the pests to attack them. So most importantly, is to ensure the plants have sufficient food, water and light. This is the first way to prevent them from being eaten from insects.

Protection from tougher pests

Sometimes other organisms that are larger might still be able to attack plants. Slugs and snails can be removed by hand, or by setting traps that allow them to drown in the traps.

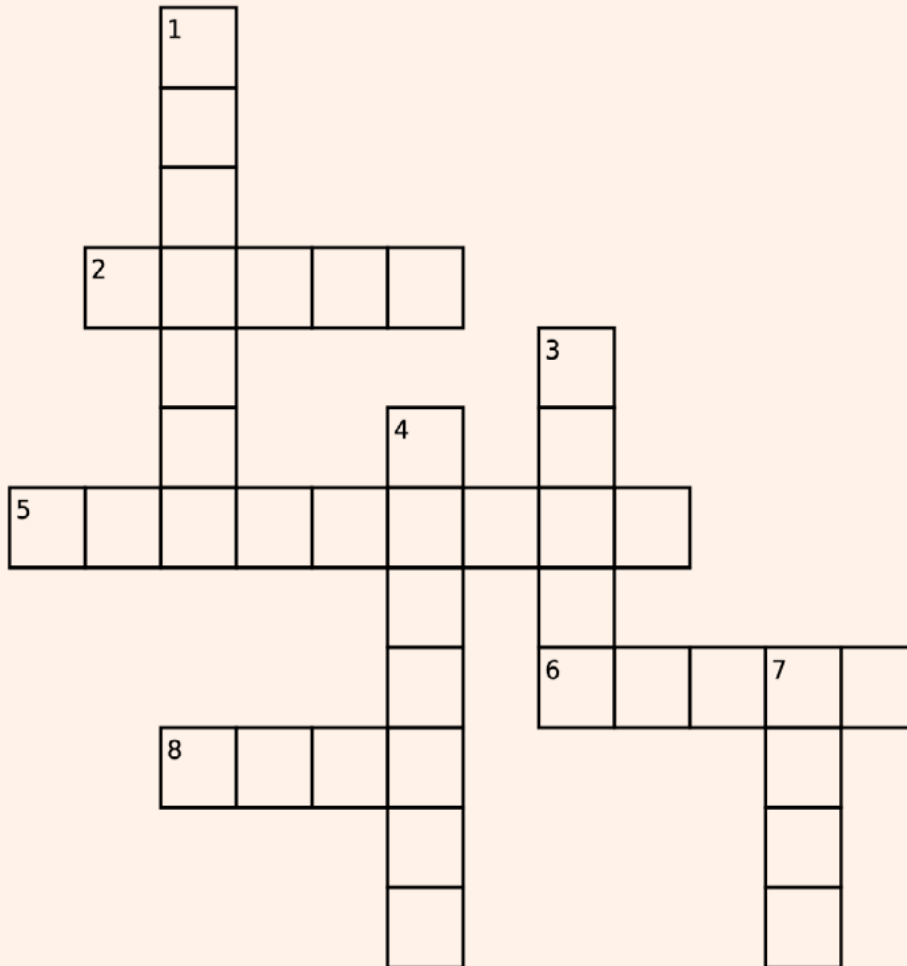
If all else fails, you can use insect nets to wrap around your plants.



Nature's way of balancing out the equation

Sometimes, literally by doing nothing, prey will naturally attract predators. Aphids will attract ladybugs and sometimes, given enough time, everything will solve itself out.

Crossword



Down:

1. Organic mixture used to enrich soil, made from leaves, vegetables, and manures.
3. A liquid that plants need to grow and stay healthy.
4. The best way to protect plants from pests is to keep them _____.
7. Something you can set up in your farm to get rid of pests.

Across:

2. A type of pest that ladybugs eat.
5. Essential substances that plants get from the soil and need to grow.
6. Parts of the plant that absorb water and nutrients from the soil.
8. An organism that harms plants, often unwanted in gardens.

Answer key can be found on the last page

CHAPTER 5: HARVESTING

Welcome to the fifth step of your urban farming journey! Now that your plants are growing strong and healthy, it's time to learn how to harvest them. Harvesting your crops at the right time and in the right way ensures you get the best taste and nutrition. Let's dive in!

HOW TO HARVEST



Fruits and Fruiting Vegetables

Pick them when they are just right – not too young and small, not too old and tough. For example, okra should be harvested before the tip becomes too fibrous. Homegrown okra will taste much better than the overripe ones in supermarkets!



Vegetables

"Cut-and-come-again" harvesting means you pick some of the leaves or parts of a plant without taking the whole plant out. This way, the plant can grow new leaves, and you can keep harvesting from it over and over. It's a great way to get fresh veggies for a longer time and helps your garden keep producing!



Herbs

When harvesting herbs, it's essential to ensure the plant can continue to thrive and grow. To do this, avoid cutting more than one-third of the plant at any given time.

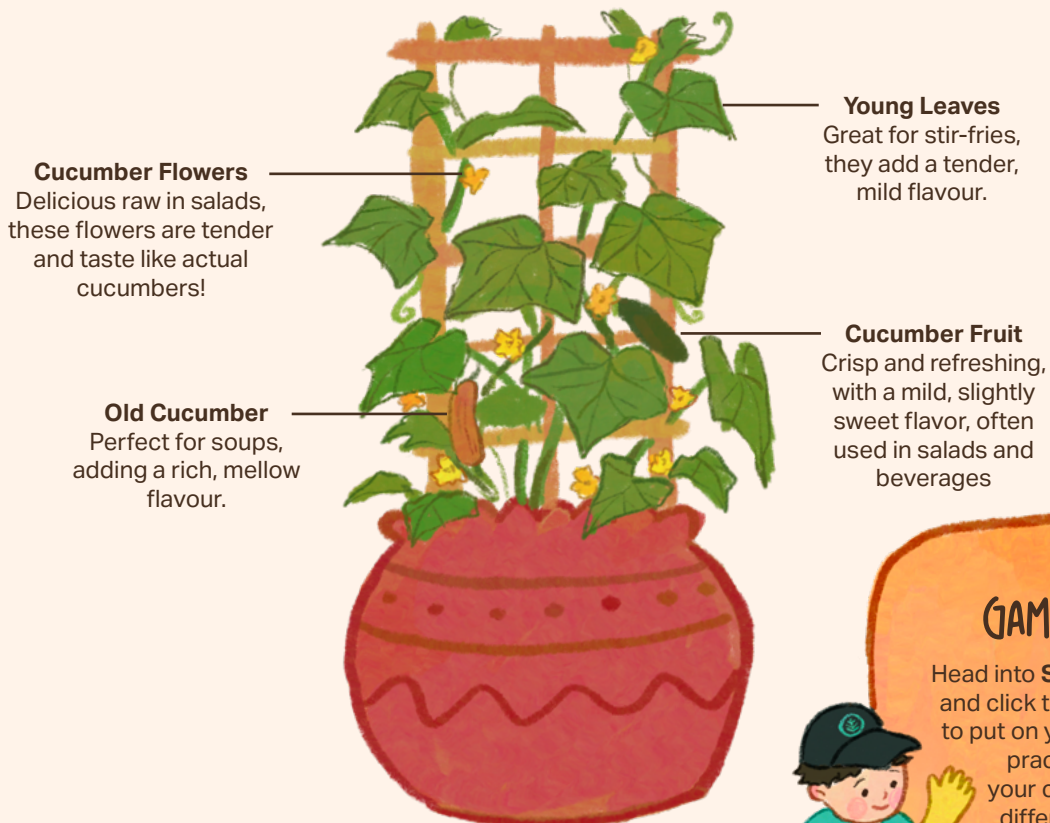
WHEN TO HARVEST

Each part of each plant might have some specific timings of the day that are best harvested. Some flowers, such as cucumber flowers, fall off at the end of the day and should be harvested earlier in the morning.

The best time of the day to harvest is usually before the sun gets too hot for the plant. 6am-8am is the most ideal time for harvesting leaves and flowers.

USING DIFFERENT PARTS OF YOUR PLANT

If you look at some vegetables we eat commonly. We only eat one part of the plant. But often, each plant provides us with abundance. For example, with a cucumber plant, you can enjoy more than just the ripe cucumber fruit.



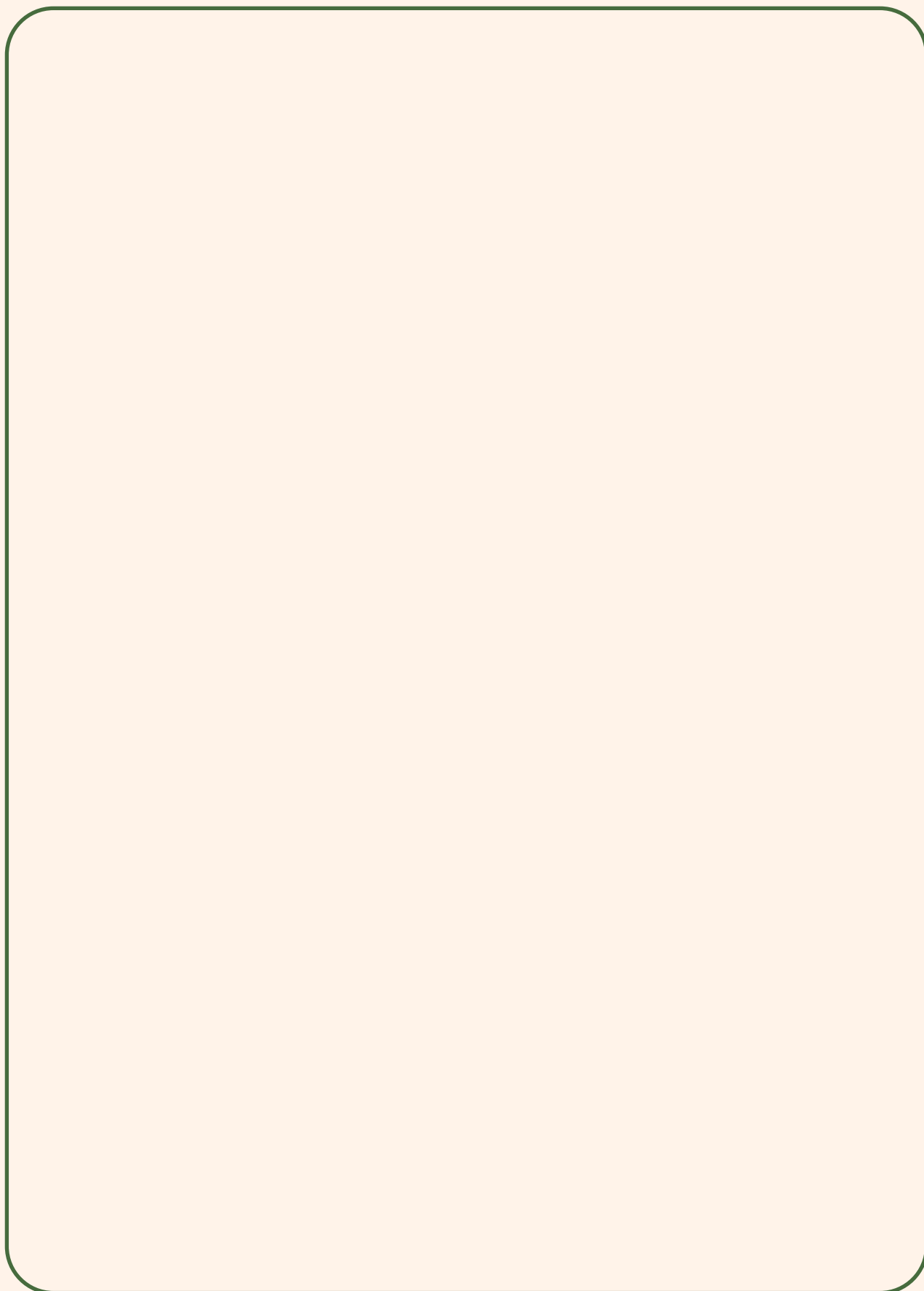
GAMING TIP!

Head into **Sky Farm Island** and click the Farm button to put on your gloves and practice harvesting your crops. Notice how different plants have different harvesting times. Once you are more advanced, work towards getting a golden trowel to get your harvesting done in just one click!



TASK #5

Draw a picture of the plant you're going to grow in your garden. Label the parts of the plant that you can harvest and use in your cooking!



CHAPTER 6: COOKING AND EATING

Welcome to the sixth step of your urban farming journey! Now that you've grown and harvested your crops, it's time to enjoy the fruits of your labour. Cooking with fresh ingredients from your garden is not only fun but also healthy and delicious. Let's dive into some simple, kid-friendly recipes that you can make using the crops that you can find in the previous chapters and in Sky Farm Island.

NASI ULAM

This rice salad dish of Malaysian/Indonesian origin is a very flexible and adaptable dish. You can flavour it with as little or as many herbs and vegetables you'd like!



INGREDIENTS FOR 2 SERVINGS

1 cup Jasmine rice
140 g freshly grated coconut
Salt to taste

Herbs and spices (add as many varieties and quantities as you wish!)

- Ulam Raja leaves and flowers
- Lemongrass
- Kaffir lime leaves (Finely sliced)
- Galangal
- Mint

INSTRUCTIONS

1. Cook the rice in a rice cooker.
2. Stir fry the grated coconut in a pan until it turns light golden brown.
3. Finely chop and slice the herbs.
4. Mix the ingredients together.

BUTTERFLY BLUE PEA FLOWER LEMONADE

A magical and refreshing drink that changes colour!

INGREDIENTS

- 4 cups water
- 1 tablespoon Butterfly Blue Pea flowers
- 1/4 cup lemon juice (about 1 medium lemon)
- 3 tablespoons granulated sugar
- 1 cup ice



INSTRUCTIONS

1. Heat the water in a saucepan until bubbles form on the surface.
2. Turn off the heat and add the butterfly pea flowers. Steep them for 3 minutes until the water turns medium blue.
3. Remove the butterfly pea flowers and cool the tea in the fridge for 1 hour.
4. Add the lemon juice to the butterfly pea tea, using a sieve to catch any seeds.
5. Mix in the sugar until the drink is fully blended. Taste test and add more sugar if needed.
6. Serve the drink over ice.

PINEAPPLE POPSICLE

A cool, tangy frozen treat bursting with sweet, tropical flavor!

TOOLS AND INGREDIENTS

- 6 popsicle moulds
- 1 cup fresh pineapple
- 1 cup coconut milk

INSTRUCTIONS

1. Blend the pineapple.
2. Add the coconut milk to the puree.
3. Place the mixture into the freezer.
4. Freeze overnight and enjoy the next day.



TASK #6

Use this space to write and draw a recipe for a dish that uses the plants you are growing in your garden!

GAMING TIP!

Head into **Sky Farm Island** and speak to the vendors in the hawker centre to understand how your harvested crops can be used in delicious dishes that are found in Southeast Asia. Ask your trusted adult to help you prepare your fruit and cook your vegetables by trying out the recipes in real life!





Page 17 Crossword Answer Key:

1. Compost, 2. Aphid, 3. Water, 4. Healthy, 5. Nutrients, 6. Roots, 7. Trap, 8. Pest

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