



VeggieLicious
嚐素·常素 2020

Online Workshop:

Eco Microgreens Online Workshop

- Green Fingertips

迷你菜種植網上工作坊

Presented by:

Rooftop Republic 雲耕一族

29 Oct 2020 | 1:00 - 2:00 p.m. |

English

“GREEN FINGERTIPS”

VIRTUAL LUNCH & LEARN
FARM & FOOD WORKSHOPS

ROOFTOP
REPUBLIC 雲耕一族

WE ARE ROOFTOP REPUBLIC



LIFE CYCLE



Arugula Seeds







Microgreen



Arugula



<i>Species</i>	<i>Germination (Day)</i>	<i>Harvest (Day)</i>	<i>Photo1 (Microgreen)</i>	<i>Photo2 (Vegetable)</i>	<i>Flavour</i>	<i>Benefit</i>
<i>Komatsuna</i>	2 - 3	8- 12			A bold mustard flavor with spice	✓ Excellent source of vitamin A, C, E and K
<i>Beetroot</i>	5 - 6	< 12			Very tender with the mild beet flavour	✓ Rich calcium and manganese



COOKING IDEAS

HOW TO ENJOY!



- Add colours to your dishes by sprinkling them on a garnish in almost every dish.



- Add them to your salads or wraps for some extra crunch.



- Blend them into smoothies for a healthy fresh way to start your day - wheatgrass and broccoli microgreens are especially popular for juicing.



- Combine a few types of microgreens together like arugula, pea shoots, sunflowers, and beets and you have a colorful and tasty salad that's full of nutrition all on its own.

HOW TO CONTINUE YOUR URBAN FARMING JOURNEY



Register for “GreenFest – Close the Loop”
Our Virtual Youth Sustainability Event on 28-29 Nov

Tickets -- > www.greenfest.hk

Check out great speakers, thought-leaders and interactive workshops around sustainability and zero-waste. Get Connected, Feel Empowered, and Find Innovative Solutions towards a more circular and sustainable future!

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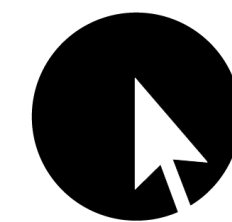
Our curated Grow Kits have everything you need: planter, hand to soil, fertilizer, seeds, and gardening guide!

Use the discount POLYU10 to receive 10% off your entire order (valid until 30/11).





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Rooftop Republic Urban Farming



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