



## VERTICAL VISIONS:

# A spotlight on our very own 'PHertical PHarm'!



PHertical Farm where a variety of herbs and vegetables is grown (Photo: Tapasya)

The story of PHertical PHarm begins with Ramond Ang, a fresh NUS graduate who finds himself drawn back to campus every weekend to nurture a project he helped create. Even after a long workday, Ramond can be seen tending to rows of leafy greens and herbs stacked in towering layers. What started as a project for the "Design Your Own Course" (DYOC) module quickly became something far greater to him, sparking a deeper passion for efficient, sustainable farming.

"Traditional gardening methods take up a lot of space," Ramond explained, gesturing to the towering shelves of green. "But the place where we grow our plants is much smaller. Fun fact: at full capacity, we can grow up to 368 plants." However, this is not the only way in which the 'PHertical PHarm' differs from traditional ways of gardening.

According to Francesca, one of the two interest group leaders now managing the initiative, they also experiment with different mediums for plant growth. "We use three different mediums for our plants: sponge, soil, and rock wool," Francesca shared, explaining how each option affects the growth process and setup maintenance. Soil, for instance, tends to seep into the water system, causing challenges for the setup. Despite their passion and commitment, the team faces challenges like pest problems, high maintenance costs, and especially, a lack of manpower. The project's success depends on dedicated volunteers, like Raymond. So, if you're looking to get your hands dirty, learn about urban farming, or simply want to be a part of something green and sustainable, PHertical PHarm is a fantastic place to start! – by Tapasya (Co-Director, PH FnS)



Saplings being transferred from the UV light germination chamber to the vertical farming shelves (Photo: Tapasya)

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# Trail Tales: Our MacRitchie Reservoir Expedition!

The refreshing Sunday stroll through the lush trails of MacRitchie Reservoir provided a perfect opportunity to soak in the beauty of Singapore’s natural landscape while bonding with our PH family. Participants encountered charming wildlife along the way, including a monitor lizard, tortoises, and playful monkeys (even baby ones!), which added a delightful touch to the experience. The serene river served as a tranquil backdrop, enhancing the peaceful atmosphere of the day. After their nature adventure, everyone enjoyed some well-deserved relaxation over delicious pizza, creating a cozy space for the PH family to connect and share stories. The smiles and laughter throughout the gathering spoke volumes about the event’s success.



## Planting Seeds of Commitment



On October 2nd, the PH Foyer buzzed with excitement as residents gathered for our Eco-Pledge event! From 6 PM onwards, our dedicated ICs welcomed everyone, handing out sticky notes and pens to encourage our residents to make a pledge related to sustainability. As the residents shared their commitments on sticky notes, they were given mini plant-growing kits! The event was designed to not only foster a sense of community but also inspire individuals to take actionable steps towards their commitments. Thanks to everyone who stopped by to pledge your commitment! We can’t wait to see all the new green friends sprouting from the mini plant-growing kits!





# Seas the Day!

Our island hopping adventure to St John’s Island and Lazarus Island was an incredible success! The day began with a fun ferry ride to St John’s Island, where we explored the Marine Park Outreach and Education Centre and its Public Gallery. We then strolled to Lazarus Island beach, and everyone had a fun photo session on the way. We enjoyed a refreshing lunch, took a dip in the beach and shot some cool dance videos. As the day wrapped up, we returned to St John’s Island Pier and took the ferry back to Marina South Pier, cherishing the wonderful memories made.



# When Style Met Sustainability

Our recent Fashion Swap event at the PH Foyer was a blend of style, sustainability, and community! Residents embraced the chance to refresh their wardrobes without any cost, proving that sustainable fashion can be fun and accessible. Everyone brought gently used clothing and accessories, exchanging items to give them a new home and extending their life cycle. Residents browsed, tried on outfits, and shared styling tips. The event was a great reminder that sustainable choices can be simple yet impactful. A huge thank-you to all participants for making this event such a hit—here’s to more sustainable style choices!



(Source: Pinterest)

## DIY CHALLENGE: Make a Recycled Planter

**You'll Need:** Empty plastic bottles, tin cans, or old pots, soil, seeds or small plants.

- 1. Prepare the Container:** Clean and dry the recycled container. If using a bottle, cut it in half. Poke holes in the bottom for drainage.
- 2. Add Soil:** Fill the container with soil.
- 3. Plant Seeds:** Sow your seeds or transplant small plants into the soil.

Decorate your planter with paint or markers and share a photo of your creation!

