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IG Highlights



Vertical Farming IG x Cooking IG

The collaboration between the cooking and vertical farming groups kicked off in PH's Garden, where rows of bok choy were nurtured through vertical farming. After a few weeks of steady growth, the plants were ready to harvest. Both IGs came together for the picking, filling baskets with fresh, crunchy bok choy.



With the harvest done, the cooking IG took over and transformed the freshly picked greens into tasty ham and cheese wraps. The whole collab blended growing, harvesting, and cooking into one fun, lively experience.



Gardening IG



The gardening IG recently finished a new round of mint harvesting. After weeks of caring for the plants and keeping them in good health, members turned to the garden to collect bundles of fresh, fragrant leaves. It was a simple, satisfying harvest that showed how even small herbs can bring a lot of joy to the garden.

Next Semester: Sambal Workshop!

The gardening IG has started planting a new batch of chili seeds in preparation for next semester's sambal workshop. Members set up fresh trays, planted the seeds, and made sure everything was well-watered. It's the first step toward growing the chilies that will eventually be used in the workshop, and everyone's excited to see the seedlings sprout and take off in the coming weeks.



FnS Tip from the IG Leaders



Before tossing out old clothes or linens, try turning them into reusable produce bags or cleaning rags—it's a zero-cost way to reduce waste and save money on single-use items!

~ Wendy & Esther (uPHScycling IGLs) ~

Stay connected!



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