We have become a society that does not know how a vegetable is grown, or even what it looks like in its natural form. Couple this with an ever-increasing ageing population, who are lonely and disconnected from society, it comes to no surprise that urban rejuvenation programmes are now being formulated and gaining traction.

This is where City Sprouts - a social enterprise whose core mission is to rejuvenate urban communities, and sprout multi-generational relationships - come in.

We have the opportunity to create a social food hub, Sprout Hub, which is located on the premises of the former Henderson Secondary School. Sprout Hub will coexist between a childcare centre and a nursing home, being a pilot hub to see whether these intricate social issues can be tackled via a meaningful, sustainable catalyst. So, no pressure!

With not just one social issue being addressed, it is no surprise that there are a multitude of things going on at Sprout Hub which you can engage in.

The former school field is being converted into food allotments collectively named Sprouting Tian or 田 (the Chinese character for a farm plot), that will be sheltered using greenhouses. The plot size will vary, but the predominant premise is that we want everyone to get their hands dirty and become part of the ‘growership’. This is essentially a community that supports and educates one another, all with self-sustaining food production as its backbone. If you are a farming fanatic or someone who is interested in growing your own vegetables then we want you to engage with us. Throw that misconception away that every plant you have ever laid hands on wilts and start growing your own food.

In connection with the food allotments, City Sprouts is also establishing complementary programmes for the surrounding community.
In particular, these programmes are catered for the childcare centres and nursing homes within the Henderson area. The premise behind it is that we want to bridge the increasingly-prominent intergenerational gap through farming. These programmes will run for roughly 3 to 4 months, with each group having their own food allotment. Elderlies will be paired up with a child, and they will carry out their assigned task together. These will run weekly beginning with the group sowing the seeds to harvesting and cooking what they have grown. For the elderly, it will be a great way for them to reconnect with their younger days, as well as interact with the young. For children, they can look up to their elderlies while reconnecting with the food that is essential for their well-being.

In the former school hall, we are creating the first-ever Singapore Indoor Agriculture Platform (Sprouting SIA Plat). Here, we are establishing a space where organisations and/or interest groups will be able to pilot their agricultural systems. This will enable them to assess the systems' viability for commercialisation, as well as allow potential investors to see them first-hand and hopefully bring the systems to market. Through establishing such a platform, we hope to create a space where experimental ideas surrounding urban food production are encouraged and propagated. At the same time, we want to also highlight to the community that food production can occur in many different forms, styles and formats.

Lastly, the old school canteen is going to be a place to relax and enjoy the food that is available through our F&B outlets. The space will also be used to host monthly farmers markets and events themed around urban farming and sustainability. Get ready to make your own pesto or learn how to upcycle an old t-shirt that you have not worn in years!

Sprout Hub is officially opening in February 2020, but we could not wait till then to tell you all of these exciting things that are coming. We cannot wait to show you what we have been doing and start sprouting knowledge of food!

P.S If you are interested in having your own plot, expression of interest is already open! Click the button on the right and fill in your details!

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