

KNOW YOUR FARMER, KNOW YOUR FOOD.



SUSTAINABILITY LEARNING PROGRAM

ORGANIC FARMING POWERED BY FOOD WASTE

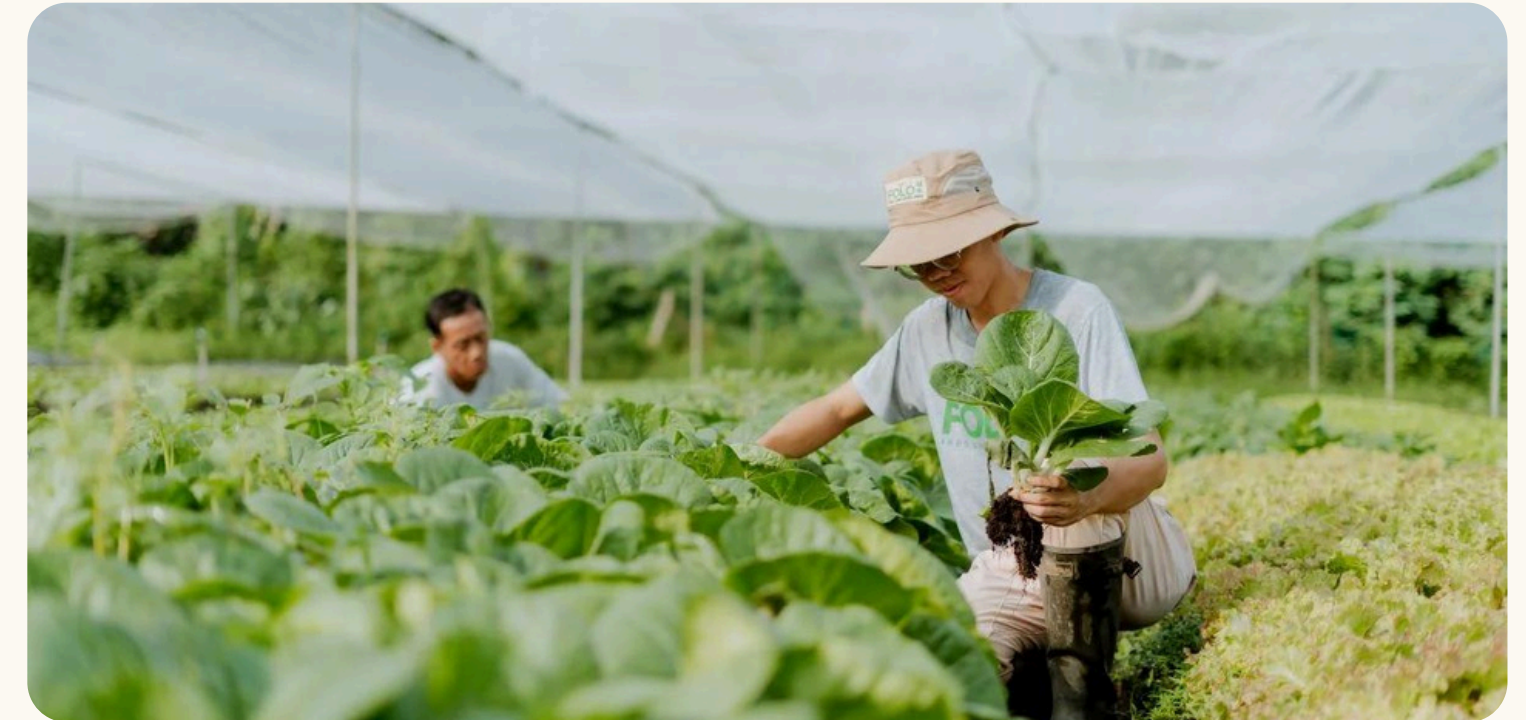


A HALF DAY PROGRAM TO LEARN HOW WE FEED OUR LOVED ONES
FOLO - A SUSTAINABLE ORGANIC FARM, TURNING FOOD WASTE TO NUTRITIOUS FOOD.

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SCHEDULE

- 9:00-9:15 (15 mins) Briefing
- 9:15-10:00 (45 mins) Farm Tour
- 10:00-10:30 (30 mins) Activity 1/2
- 10:30-11:00 (30 mins) Activity 3/4
- 11:00-11:30 (30 mins) Wrap up & Chill



Note: Program details maybe adjusted to better suit our program key learning objectives

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WHAT'S INCLUDED:

- Farming Tour & Select Either Activity 1 or Activity 2
- Farm-made juice & salad
- Extra Earthworm education session if schedule allowed

The Real Farming Experience

Activity subject 1 - Composting - how to turn waste into compost

- gather fall leave around the farm, chop into smaller pieces for free peat
- discover how to create the ideal compost ingredient ratios
- manually turn compost

Activity subject 2 - planting- Understand the importance of soil fertility

- use farming tools to make bed
- add compost / liquid fertilizer
- planting nitrogen fixing crops
- Get to know how nitrogen-fixing plants work together with soil microbes and fungi to provide optimal soil for healthy vegetable growth.

Price:

RM 30 Per Person
Min 10pax, Max 40 pax.

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The Real Farming Experience

Activity subject 3 - Harvesting - Collecting fresh veg from field

- learning about crop maturity and harvesting methods
- harvest vegetable from field
- Each participant is allowed to take a designated amount of crops

Activity subject 4 - Microgreens Worksho - Make a box of Micro-greens

- Learn what micro-greens are, their nutritional benefits, and common varieties.
- Planting and Caring for Microgreens
- Bring back a box of micro-green seeding



WHAT'S INCLUDED:

- Farming Tour & Select Either Activity 1 or Activity 2
- Extra Activity 3 or 4 (with takeaway)
- Farm-made juice & salad

Price:

RM 50 Per Person
Min 10pax, Max 40 pax.

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MORE ABOUT FOLO

A community organic farm transforms food waste into nutrient-rich soil for growing safe and nutritious food. Join us for a fun and interactive experience where you'll learn about seeds and soil through planting and harvesting activities. Discover sustainable farming practices and the art of organic cultivation. "Our farm is more than just a food-growing space; it's a place for families and friends to come together, reconnect with nature, and cultivate genuine interactions."

FOLO ORGANIC FARM:



linktr.ee/folofarm
www.folofarms.my