



# GREENHOOD SOCIAL

AUGUST 2023 | VOL. 11

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Here we are!

Level 6 946A Hougang Street 92

## MESSAGE FROM OUR FOUNDER



Hello readers,

Hope this finds you in the best of health.

With our launch last month, we have been reaching out to our neighbourhood residents with our fresh greens pesticide-free offering. We have been overwhelmed by the support we have got so far and are really thankful for that.

If you haven't tried our veggies yet, **ORDER NOW!** We now deliver to northeast, east and central Singapore. If you like our veggies, please share about it with your friends and family. This will greatly help us in our mission of getting every family the best greens that they deserve and achieving 30 x 30 goal.

If you are interested to join our growing or sales team (commission based), do contact us on 8903 1316.

All the best!

**Founder & CEO**  
**Gaurav**



## BREAKFAST EVENT



We attended Orchid RN's breakfast event and showcased our unique vertical growing systems. The residents were extremely thrilled by the same and enjoyed talking to us as well buying freshly picked greens.



Eating greens is an essential part of maintaining a healthy and balanced diet. In fact, the Health Promotion Board recommends 2 servings of vegetables everyday to meet daily nutritional requirements. With this message, we offered our own freshly harvested salad to be added to the breakfast of bread and eggs.

## WHERE TO BUY?

# FRESHEST & TASTIEST GREENS IN TOWN



Receive within  
24hrs of harvest



100%  
pesticide-free



Free delivery  
above \$25

**VISIT OUR FARMERS' MARKET**

**Blk 938A, EVERY SUNDAY 9-11am**

**ORDER ONLINE @ [www.greenhood.sg](http://www.greenhood.sg)**

**ORDER VIA WHATSAPP +65 8903 1316**



@greenhood.sg



# MONTHLY LOCAL VOICE

**Gabriel**, a volunteer in Greenhood, shared with us his experience working in Greenhood.

I recently graduated from NTU and came across their posters in my neighborhood, announcing job openings. Working at Greenhood has allowed me to undertake various tasks such as seeding, transplanting, and even harvesting. I have genuinely enjoyed this opportunity at Greenhood and have greatly benefited from the extensive knowledge about our vegetables and their production.



## AUGUST WORD SEARCH

Can you find 10 of our veggies that we grow at our farm?

### Greenhood Greens

J	S	H	A	N	G	H	A	I	G	R	E	E	N
T	N	A	I	B	A	I	T	E	G	W	P	O	H
D	M	Q	C	A	D	U	U	C	E	U	V	C	I
P	O	T	J	Y	B	V	S	H	N	Y	G	D	W
Z	O	Z	Q	A	N	U	C	Y	O	T	I	J	M
C	O	K	I	M	Z	L	A	E	V	L	B	W	Q
Z	U	O	C	T	C	N	N	S	E	E	J	H	H
A	H	R	C	H	I	B	K	I	S	T	A	Z	J
W	R	T	L	E	O	W	A	M	E	T	Y	K	Y
A	W	U	R	Y	Z	Y	L	V	B	U	V	M	D
K	L	L	G	I	K	F	E	T	A	C	Z	E	N
G	V	Q	L	U	H	A	T	Q	S	E	H	L	A
W	A	S	R	Y	L	N	L	K	I	M	Q	E	V
H	Q	B	E	K	K	A	Y	E	L	X	K	S	Y

### National Day

D	K	T	O	F	E	S	T	I	V	I	T	Y	J
D	I	P	L	N	A	T	I	O	N	O	T	G	N
T	F	X	R	Z	M	W	R	E	G	F	D	F	X
P	N	X	H	S	O	I	Y	V	E	Q	P	K	A
A	T	C	E	L	E	B	R	A	T	I	O	N	N
R	K	A	U	G	U	S	T	L	O	C	P	O	N
A	I	N	D	E	P	E	N	D	E	N	C	E	I
D	S	I	N	G	A	P	O	R	E	V	C	Q	V
E	T	A	Y	K	B	A	H	M	D	V	Z	V	E
T	X	W	J	C	R	F	U	N	I	T	E	D	R
F	I	R	E	W	O	R	K	S	R	I	X	I	S
X	V	B	X	E	Y	Z	O	C	L	T	V	F	A
B	G	O	B	L	A	V	V	G	Q	A	Q	G	R
D	J	L	M	O	F	O	H	B	B	J	D	Z	Y

Answers to JULY 2023 word puzzle.

## BAYAM MASAK LEMAK

Bayam Masak Lemak is a lightly flavoured, creamy dish of spinach cooked in coconut milk that makes a wonderful side dish with rice. This spinach in coconut milk is a very easy recipe to cook. It uses very few ingredients, and all but one, easily obtained.



## INGREDIENTS

- 600 g GH bayam (spinach)
- ½ coconut, grated
- 10 shallots, peeled
- 2.5 cm piece dried shrimp paste (belachan)
- 2 fresh red chilies
- 1 tablespoon dried prawns (shrimps)
- 2 cm piece fresh turmeric (kunyit)
- 2 - 3 tablespoons oil for frying

## INSTRUCTIONS

- Wash and drain spinach after cutting into 5 cm lengths.
- Add 1 rice bowl of water to grated coconut and squeeze for first milk. Add another 4 rice bowls of water to the grated coconut and squeeze for second milk. Set aside.
- Pound chilies, dried prawns (shrimps), shallots, turmeric and shrimp paste.
- Heat a frying pan. Add oil. When oil is hot, fry pounded ingredients until fragrant.
- Add in half of the second coconut milk, spinach and salt to taste. Bring to boil.
- Add in the rest of the second coconut milk. Cover and simmer for about 20 minutes.
- When spinach is soft enough, pour in first coconut milk. Bring to boil again and turn off heat quickly. Serve.

*Extracted from* <https://www.recipebinder.co.uk/recipes/masak-lemak-bayam-masak-lemak/>