



# GREENHOOD SOCIAL

DECEMBER 2023 | VOL. 15

## WHAT'S INSIDE

**CHRISTMAS AND NEW YEAR** 2

**CHRISTMAS AT THE FARM** 3

**MONTHLY LOCAL VOICE** 4

**RECIPE OF THE MONTH** 5



Level 6 946A Hougang Street 92

## MESSAGE FROM OUR FOUNDER



Dear readers,

The holiday season is here! Wish you all a Merry Christmas and Happy New Year! Hope you have a great time ahead celebrating with your family and friends.

To spread the Christmas joy, we hosted our 2nd Open Farm Day on 17th Dec. Same as last time, we had an amazing time with lots of support from the community. Please checkout the lovely pictures from the event inside.

I would also like to welcome Hadi, who recently joined the Greenhood team. I am sure you will have a great time interacting with him.

Happy holidays and see you in 2024!

Yours truly,  
Gaurav



@greenhood.sg



**SOCIAL**

[www.greenhood.sg](http://www.greenhood.sg)

## MERRY CHRISTMAS

As we approach the most wonderful time of the year, we want to extend heartfelt Christmas greetings to everyone.

In the spirit of unity and goodwill, let's come together to celebrate the joy of the season. May this Christmas bring peace, love, and happiness to you and your loved ones. As a community, let's continue to support one another and spread kindness during this festive season.

Wishing you a Merry Christmas filled with hope, prosperity, and shared moments of joy.



## HAPPY NEW YEAR

As we bid farewell to the old and embrace the new, we want to wish everyone a Happy New Year!

May the coming year bring you moments of joy, opportunities for growth, and the courage to chase your dreams. Let's embark on this journey together, supporting and uplifting one another in the spirit of community.

As we welcome 2024, let's create a tapestry of shared experiences, resilience, and achievements. Here's to a year filled with positivity, kindness, and the realization of aspirations.

Wishing you a Happy New Year filled with hope, prosperity, and countless reasons to smile.





## CHRISTMAS AT THE FARM - 17TH DEC 2023



Our Christmas At The Farm event was a huge success! We had a great turnout and received great feedback from the guests. Our mobile aeroponic channel systems and climate-controlled greenhouse were shown to guests on a guided tour. Our tasting bar which includes snacks made with our fresh veggies was also well received. A lot of people were wondering if we sold the homemade pesto sauce made with basil (not yet). They also discovered how to harvest fresh vegetables before bringing them home. Greenhood is thrilled to have the chance to showcase our locally grown vegetables. Huge thanks to all our wonderful visitors who made it extra special, and a heartfelt appreciation to our amazing collaborators Montecoco and Good Noming for making this holiday season unforgettable! Thank you for all your support!

## MONTHLY LOCAL VOICE

**Hadi**, our newly hired sales and operations manager, shared with us his thoughts on joining Greenhood.

Coming to Greenhood has been a dream come true. Covid became a turning point when food was scarce and demand was high. We relied on processed food more than ever as Singapore's supplies from the neighbouring countries were cut short. Hence I began shifting my hobbies from aquascaping and rare houseplants collecting into gardening and aquaponics. My harvest was much sweeter, crunchier and tasted better than store bought produce. Thus my mission now is to safeguard our food security and develop a community where we can learn, grow and be self sufficient.



## MONEY FM 89.3

Our founder and CEO, Gaurav, recently had an insightful interview with MONEY FM 89.3. Gain valuable insights into Greenhood's journey, mission, and the future of sustainable living by tuning in to the interview on Spotify. Click the link [here](#). Don't miss this opportunity to delve into the conversation and learn more about our commitment to a greener, more sustainable world.





## STIR-FRIED BOK CHOY AND MUSHROOM

Bok choy is a leafy green vegetable popular in Asian cuisine. It is a member of the cabbage family and belongs to the Brassica rapa family. The leaves of bok choy are smooth and dark green, with thick white stems. The entire vegetable is edible, which includes the leaves and stems. The flavor of bok choy is mild and slightly sweet, with a crisp and crunchy texture. Bok choy is a nutritious vegetable that is high in vitamins A and C as well as antioxidants.



### INGREDIENTS

- 2 tbsp cooking oil of choice
- 3-4 cloves of garlic, smashed
- 3 bunches of Bok Choy
- 1 cup white button mushrooms, sliced

### INSTRUCTIONS

- Cut off the end of the bok choy with a knife and discard. Slice the bok choy in to 1-2 inch pieces but separate the whites from the leafy green parts.
- Heat oil in a cooking pan or wok over high heat. Add the garlic and cook for about 30 seconds or until aromatic.
- Add bok choy and mushrooms into cooking pan or wok. Stir fry for about 30 seconds, and then add 1/4 cup of water and cover with a lid for about a minute.
- Uncover the cooking pan/wok, and then add salt as desired. Stir fry for another minute or until everything is tender – bok choy should be vibrant green, and mushrooms should be tender.

Extracted from <https://ohsnapletseat.com/2023/04/01/bok-choy-mushrooms-stir-fry/>

