



# GREENHOOD SOCIAL

NOVEMBER 2023 | VOL. 14

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Level 6 946A Hougang Street 92

## MESSAGE FROM OUR FOUNDER



Dear readers,

Welcome to another issue of the Greenhood Social.

This month we joined the Joo Chiat Farmers Market hosting local farmers, bakers and artisan merchants. Many of the patrons were excited to see us in their neighbourhood and enjoyed our greens.

As the year end festivities fast approach us, we are launching Christmas At The Farm event on Dec 17 - A fun, learning experience at our farm in a never-before-seen Christmas setting! It's guaranteed to be lots of fun for all.

We have also curated a Green Christmas Hamper containing our delicious greens and gourmet snacks for a healthy and green Christmas, perfect for gifting.

Visit our website to book them now and take part in the festivities.

Stay healthy and fresh,  
Gaurav



@greenhood.sg

## JOO CHIAT FARMERS MARKET - 19TH NOV 2023



To raise awareness of our urban farm at Hougang, we took part in the Joo Chiat Farmers Market on November 19th. We spoke about how Greenhood's support of Singapore's 30 by 30 food security goal advances the idea of a more environmentally friendly future. We highlight our distinctive selling features, which include hydroponics, sustainability, and the absence of pesticides that set us apart from competitors. Many were interested in learning about our heartland agricultural operations and how hydroponics functions.

The reception was really great and we managed to completely sell-out! Thank you for all your support!

# CHRISTMAS AT THE FARM

*Singapore's First Rooftop Vertical  
Farming Greenhouse*

**17 DECEMBER 2023**

**10 AM - 1 PM\***

**SGD 10 Adult | SGD 5 Kids (>3 years)**

**GUIDED  
GREENHOUSE  
TOUR**

**HARVEST  
YOUR OWN  
GREENS**

**LIVE  
TASTING  
BAR**

Experience a one-of-a-kind, joy-filled family adventure this Christmas at our 2nd Open Farm Day, featuring cutting-edge vertical farming tech and a plethora of festive activities.



**GREENHOOD**

Level 6,  
946A Hougang Street 92,  
Singapore 531946

**BOOK NOW**



or  89031316



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

# Gift Health This Christmas



**ORDER NOW** at

<https://www.greenhood.sg/products/green-christmas-basket> or **WhatsApp** at +65 8903 1316



@greenhood.sg



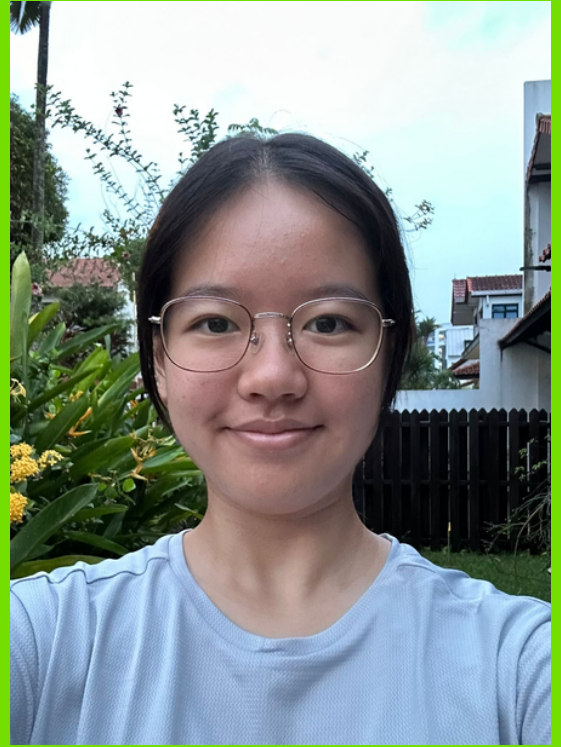
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## MONTHLY LOCAL VOICE

Ever since I started interning at Greenhood, I managed to learn a thing or two about sustainability and agriculture. Gaining exposure to an agricultural industry has been an interesting and productive experience for me. I learnt how to perform several tasks such as seeding, transplanting, and harvesting during my internship. I was also taught how to manage data collection for the crops that we grow in our farm. It was challenging at first but with the help received from my colleagues and supervisor, I gradually became better at it.

There were also several event days that took place when I was interning at Greenhood as well. I really enjoyed participating in them and was delighted to see how eager everyone was while taking part in the featured activities and programmes that we have offered. Overall, I felt that I was able to hone my skills and expand my knowledge of how living a sustainable lifestyle can help make a difference in our world.



## DID YOU KNOW – PLANTS THRIVE IN HIGHER HUMIDITY LEVELS?

Plants generally thrive in higher humidity levels. Adequate humidity promotes proper transpiration and moisture absorption through plant tissues, supporting overall growth. However, it is essential to balance humidity as excessively high levels can lead to issues such as mold and disease.



## STIR-FRIED NAI BAI

Nai Bai, also known as milk cabbage, is a leafy green vegetable that is high in vitamins A and C, which are vital for immune function and skin health. Additionally, it contains dietary fiber, which aids in digestion and promotes good gut health. Nai Bai also contains minerals such as calcium and iron which contributes to bone health and prevents anemia.



## INGREDIENTS

- 400 grams Nai Bai
- 3 slices ginger
- 4 cloves garlic
- 1 tbsp cooking oil
- 2 small pinches of salt
- 2 tbsp Shaoxing wine

## INSTRUCTIONS

- Heat oil in a wok and stir fry ginger for 30 seconds.
- Add garlic and stir fry for another 30 seconds.
- Add Nai Bai to the wok, followed by salt.
- Stir-fry for a few minutes on high heat, until the vegetables are just wilted.
- Drizzle Chinese wine along the sides of the wok, turn off the flame after you smell the aroma of the wine seconds later.

Extracted from <https://noobcook.com/stir-fried-nai-bai/2/>

