



# GREENHOOD SOCIAL

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## MESSAGE FROM OUR FOUNDER



Dear readers,

Hello from Greenhood. Hope you are green and healthy as ever.

This month marked a monumental event for us with our first Open Farm Day on 8th Oct. It couldn't have gone better with hordes of people joining us on the event and enjoying themselves thoroughly. It was truly action packed and informative, from our greenhouse tour to our tasting bar. We also made it to the front page of The Straits Times. Read the article [here](#).

We also had the pleasure of hosting a group of Belgian delegates who were interested in agritech innovation. They were truly amazed with our efforts of converting an unutilized rooftop in to a source of sustainable food production.

We look forward to holding more such events and interacting with more of you. Thanks again for your continued support.

Regards,  
Gaurav

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Level 6 946A Hougang Street 92

## OPEN FARM DAY – 8TH OCT 2023



Our first Open Farm Day was a big success! We had a very good turn-out and an amazing response from the visitors. The visitors enjoyed a guided tour of our mobile aeroponic channel systems and climate-controlled greenhouse. Our tasting bar (nibbles made with our fresh ingredients) got an overwhelming response too. Many people even asked whether we were selling the homemade pesto sauce that was made with basil (well, not yet). Furthermore, they learned how to harvest fresh vegetables and bring them back home. Greenhood is immensely appreciative of having the opportunity to highlight our locally farmed vegetables. Thank you all for your support!

# STRAITS TIMES ARTICLE

## Under one roof: Vegetable farm and vehicles share a carpark in Hougang

**Shintaro Tay**  
Photojournalist

Cars are not the only things under shelter at a multi-storey carpark in Hougang.

Vegetables such as bayam (Chinese spinach), chye sim and kale are grown at the Greenhood vertical farm situated on the roof of Block 946A Hougang Street 92, which was opened to the public on Sunday.

Besides maximising land use, Greenhood stands out from other rooftop farms because its vegetables are grown in a climate-controlled greenhouse. This means the vegetables on the 1,808 sq m farm are not exposed to the elements, and pesticides are not needed.

Greenhood, a commercial company, won a government tender three years ago to run the rooftop farm, which began operations in June.

Seedlings are first grown on an ebb and flow table – where they are watered, and the water drained – for three weeks until they are about 5cm tall. They are then transferred to vertical aeroponic panels and fed nutrient-rich water for another three weeks until they are ready for harvest.

Engineer Niven Ang, 27, harvested some bayam at the end of a farm tour.

"The harvesting was a lot easier than typical soil harvesting because you can just pluck (the vegetables) off the columns. Whereas in soil harvesting, you have to uproot the entire thing from the soil," he said.

His wife Cheryl Lee, 25, a health-care worker, said: "We got to try

farm because he wanted to do "something tangible and indisputable in terms of actual contribution to the planet".

"When you look at current farming practices, they are not very sustainable," he said. "It takes thousands of kilometres for crops to reach consumers. Then there is all that carbon footprint, and consumers also don't get fresh produce. So, I find that the whole system is broken and there is a lot of food waste as well."

While he was cooped up at home during the Covid-19 pandemic in 2020, Mr Saraf discovered that growing his own vegetables was a "very surreal experience".

"The growing part was a lot of fun, and also the eating part, because I had never experienced something so fresh, (so) we started eating salads very often."

In May 2020, the Singapore Food Agency launched a tender for nine rooftop sites at multi-storey carparks to be converted for use to farm vegetables and other food crops.

It was one of the agency's strategies to increase local food production towards Singapore's "30 by 30" goal – to produce 30 per cent of the country's nutritional needs locally by 2030.

Mr Saraf, who holds a degree in mechanical engineering as well as a master's in business administration, was one of the bidders for the tender.

He was awarded the tender in September 2020, and construction work began in October 2022.

The Indian national, who worked in Singapore for a decade in the finance sector, said running the start-up has been challenging, from securing the necessary permits to the "excruciating" process



At Greenhood, a vertical farm situated on the roof of Block 946A Hougang Street 92, vegetables such as bayam (Chinese spinach), chye sim and kale are grown in a climate-controlled greenhouse. ST PHOTOS: SHINTARO TAY



line, will deliver purchases to customers. "On the one hand, you can

### THE STRAITS TIMES

Under one roof: Vegetable farm and vehicles share a carpark in Hougang

Our Open Farm Day was featured on the front page of the Straits Times. Click [here](#) for the full article.



1 of 3 The Greenhood vertical farm is situated on the roof of Block 946A Hougang Street 92. ST PHOTO: SHINTARO TAY



Shintaro Tay



@greenhood.sg

# FARM TOUR WITH THE BELGIAN TRADE MISSION GUESTS



On October 5th, we had a wonderful farm tour with the guests of the Belgian Trade Mission! We discussed how Greenhood's support of Singapore's 30 by 30 food security initiative contributes to the development of a greener future. In addition to giving them a tour of our greenhouse, we briefly described the mechanisms of our mobile-aeroponic channel systems and controlled climate greenhouse. We also gave everyone samples of freshly harvested basil, rocket, and our homemade pesto sauce made with basil. Your presence and participation are much appreciated!



## MONTHLY LOCAL VOICE

**Alicia**, an intern in Greenhood, shared with us her experience working in Greenhood.

It has been an eye-opening experience interning at Greenhood as I had the opportunity to learn how to grow vegetables via Hydroponics. One of the most significant takeaways from my internship is the exposure to real-world applications of the skills and knowledge I acquired in my academic pursuits. Through this internship, I learn how to market a company on social media and how to create interesting content. I would like to express my heartfelt gratitude to the entire team at Greenhood for the warm welcome, continuous support, and guidance provided during my internship.



## DID YOU KNOW – PLANTS NEED OXYGEN TO GROW?

Without oxygen, plants are unable to carry out cellular respiration, which is necessary for their survival. Plants take in oxygen from the atmosphere via lenticels and stomata, as well as releasing oxygen as a by-product during photosynthesis.



## BASIL PESTO PASTA

Basil contains eugenol, that can block calcium channels and thus reduce blood pressure. Both cholesterol and triglycerides can be reduced with the aid of its essential oils. Magnesium, which is also present in basil, helps to enhance blood flow by helping the muscles and blood vessels to relax. Antibacterial properties are found in basil. If you have skin, urinary, gastrointestinal, or respiratory infections, its oils might be able to help fight bacteria.



## INGREDIENTS

- 375g linguine
- 1 cup fresh basil leaves
- 2 tbsp pine nuts, toasted
- 1 garlic clove, crushed
- 2 tbsp grated parmesan cheese
- 1/4 cup extra-virgin olive oil
- Shaved parmesan cheese, to serve
- Salt and pepper, to season

## INSTRUCTIONS

- Cook the pasta in a saucepan of boiling salted water, following packet. Drain and return to pan.
- Process basil, pine nuts, garlic and parmesan, scraping down sides occasionally, until almost smooth.
- Add the oil slowly and steadily while the motor is running. Process to combine. Season with salt and pepper.
- Add pesto to pasta. Toss to combine and serve with parmesan.

Extracted from <https://www.taste.com.au/recipes/basil-pesto-pasta/ce6778b7-ec75-4bc8-a9af-51d013377d3e>

