



# GREENHOOD SOCIAL

SEPTEMBER 2023 | VOL. 12

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Level 6 946A Hougang Street 92

## MESSAGE FROM OUR FOUNDER



Dear Friends,

Wish you all a very happy mid-Autumn festival.

September was an exciting month for us as we got to participate in two events – at Marina One and at Waterway Point Mall. This way we spread the word on how we contribute to a greener and food secure Singapore. To give a taste of our freshness, we prepared some homemade pesto which everyone really loved!

We are also very excited to be hosting our first 'Open Farm Day' on 8th of October. This is your chance to get to witness our one-of-its-kind vertical farm at work. To top it up, we are organizing live harvesting and tasting so you get to have a fun morning with your friends and family.

With just 1 week to go, please book here [Open Farm Day](#) so you don't miss out. Look forward to seeing you!

Best regards,  
Gaurav



@greenhood.sg



# MARINA ONE FARMERS MARKET



Our farmers' market at Marina One received positive feedback, especially after tasting the homemade pesto sauce made with our basil, served on flatbread. Many even asked whether we were selling the pesto sauce (well, not yet). Greenhood is incredibly thankful for the opportunity to showcase our vegetables grown right in Hougang. We appreciate everyone who came out to support us!



# GREEN WAVE EVENT



We participated in the Green Wave Event to create awareness about our urban farm at Hougang. Senior Minister of State, Ministry of Communications and Information & Ministry of Health Janil Puthuchery dropped by our booth and had a chat. Many wanted to know how hydroponics works and how we operate our farm in the heartlands. Plenty of people were impressed with the homemade pesto sauce made with our basil and purchased the fresh veggies on the spot. Thank you for all your support!



# OPEN FARM DAY

@ Singapore's First Rooftop  
Vertical Farming Greenhouse

8 OCTOBER 2023

10 AM - 1 PM\*

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

**GUIDED  
GREENHOUSE  
TOUR**

**HARVEST  
YOUR OWN  
GREENS**

**LIVE  
TASTING  
BAR**

Have a unique fun-filled family outing to Greenhood's first-ever Open Farm Day showcasing its vertical farming technology and numerous exciting activities



**GREENHOOD**

Level 6,  
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**BOOK NOW**

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



## MONTHLY LOCAL VOICE

**Satpal**, a part-timer in Greenhood, shared with us her experience working in Greenhood.

I always look forward to going to work as it is a great pleasure to work in an open air space, whether on rainy or hot days under the tent. The camaraderie with the other mummies is awesome too as we harvest, weigh and pack those lovely crunchy vegetables. It certainly is a joy to hear that 'crunchy' sound from the hydroponic vegetables even before they are eaten!!

Last but not least, Gaurav and Louis are 2 amazing bosses who will join in the jokes and laughter even in the midst of their busy schedule. Wishing Greenhood lots of prosperity in this new technology of strengthening Singapore's food security!



## DID YOU KNOW?

Plants grown in hydroponics grow **30% to 50%** faster than soil-based plants. Rapid growth and controlled conditions work together to produce constant predictable harvests. No pesticides are used and it is environmentally friendly.



## KALE JUICE

Kale is high in beta-carotene, vitamin C, and antioxidants. Additionally, it has nutrients that can help with heart health, weight loss, and eye health. Kale helps to improve immune function and lowers coronary heart disease risk factors. It is also simple to prepare and requires few ingredients.



## INGREDIENTS

- 1 bunch kale
- 1 lemon, peeled
- 1 cucumber
- 1 green apple
- 1-inch piece of fresh ginger

## INSTRUCTIONS

- Wash and pat dry your kale leaves.
- Cut the cucumber and apple into pieces small enough to fit through your juicer's feeding tube.
- Then, turn on your juicer. Feed the ingredients into the juicer, including the kale leaves and stems. Alternate hard and soft ingredients to help the juicer run the most efficiently.
- Turn off the juicer and serve your juice immediately.

Extracted from <https://www.cleaneatingkitchen.com/kale-juice-recipe/>