

Fridays with AWWA - September (EFI)

28 September 2018

On 28 September, 26 staff volunteers from the EFI team took time off from work to bring 45 seniors to Bollywood Veggies.



After taking a scenic bus ride from the AWWA centre to the farm, seniors were delighted to get some fresh air and immerse themselves in nature. The sun and bugs did not faze the seniors, and they came fully prepared with umbrellas, sunglasses and fans.

Participants joined a farm tour led by experienced guides who shared interesting facts about plants in Bollywood Veggies and their uses. It was great to have the opportunity to touch, smell and taste some of the vegetables and fruits, herbs and spices, and medicinal plants.



Did you know that it's possible to grow plants even in apartments and flats, and pots are a great way to grow herbs, fruit and vegetables! SGX staff volunteers assisted seniors in a short, fuss-free educational potting session and the seniors were able to bring the herbs they potted home.



After the engaging morning, it was a real treat to dig into some yummy Nasi Lemak made with the vegetables grown onsite. A real farm to table experience!