



GROW MAKE SUSTAIN PROJECT

HOST INTERNATIONAL
THAILAND



REFRESH FARM



- **REFresh Farm** is the social enterprise under the Grow Make Sustain Project run by Host International Thailand.
- REF stands for **Refugees** and Fresh stands for **Freshness**. When it all comes together, it shows that our milky mushroom planted by refugees and is fresh and ready to serve.
- Refresh **skills and hope** for self reliance and resettlement for the refugees, The urban refugees from Vietnam's Jarai ethnic group.
- We provide a **chemical-free milky mushroom** planted by the vulnerable population.

OBJECTIVES



Increase self reliance of the refugees



Promote the sustainability



Build skill of integration with the resettlement

ACTIVITIES



Conduct milky mushroom cultivation trainings for 60 refugees



Train the refugee children on marketplace and basic businees



Plant other vegetable such as hydroponic for domestic consumption



GMS

TARGET GROUP

The vulnerable population from Jarai ethnic group live in Thailand

APPROACH

Apply the refugees' agricultural skills into a Social Enterprise project.

OUR PRODUCT "MILKY MUSHROOM"



Milky mushrooms have the same white color as milk. It has a chicken flavor. It also offers many benefits, including the controlling high blood sugar levels and the abundance of Vitamin.



OUR PRODUCT "MILKY MUSHROOM"



(RE)Fresh Review 🙏❤️



QR code for more details about do and don't, REFresh Farm and Feedback



MILKY MUSHROOM CULTIVATION TRAINING



Build simple mushroom house



Make mushroom substrate with organic hay



Monitor mushroom's growth

MILKY MUSHROOM CULTIVATION TRAINING



Grow mushroom in **worm casting**



Mushroom **Harvesting Workshop**



Distribute mushrooms to our grower!

MILKY MUSHROOM CULTIVATION TRAINING



Cost and Expense Calculation
Workshop



Mushroom Tasting and Cooking
Workshop

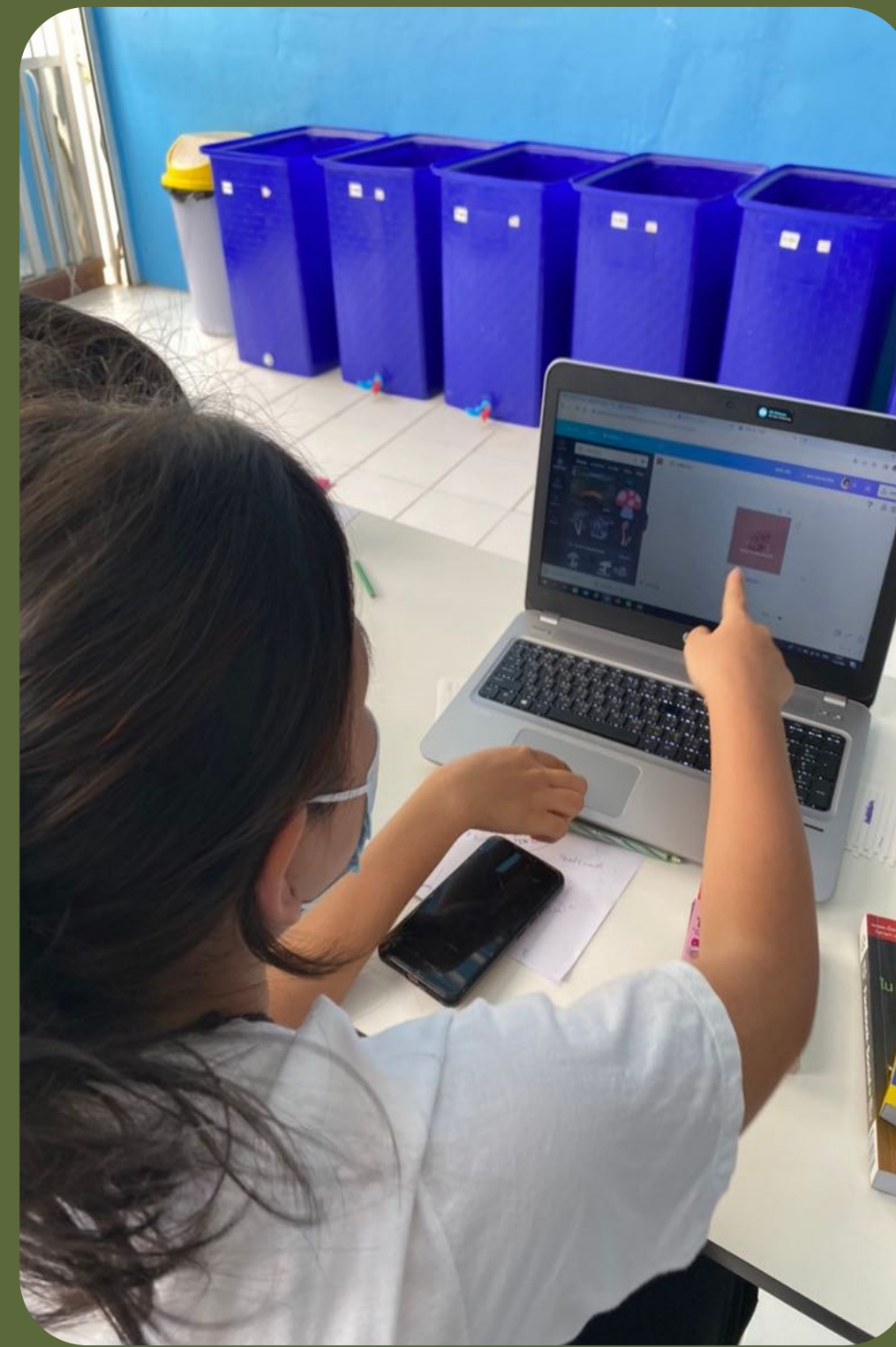


Daily monitoring mushroom's
growth

BASIC BUSINESS & MARKETING TRAINING



- Facebook Page Setting
- How to identify the targeted customers



- Facebook Advertisement Setting
- Content creation via Canva



- Pre-order process
- Product delivery and Tracking procedures

CO-DESIGN TO PROMOTE MEANINGFUL PARTICIPANTION



Our beneficiarries were making mushroom houses and **fully participated** in the mushroom cultivating, monitoring and havesting.

The **refugee children** spent their leisure time during a semester break painting our label and helped design the sticker.



KEY ACHIEVEMENTS



People



16 participants were trained about urban farming and milky mushroom cultivation.
7 out of 16 participants willing to continue with us on the workshop round 2.

Public



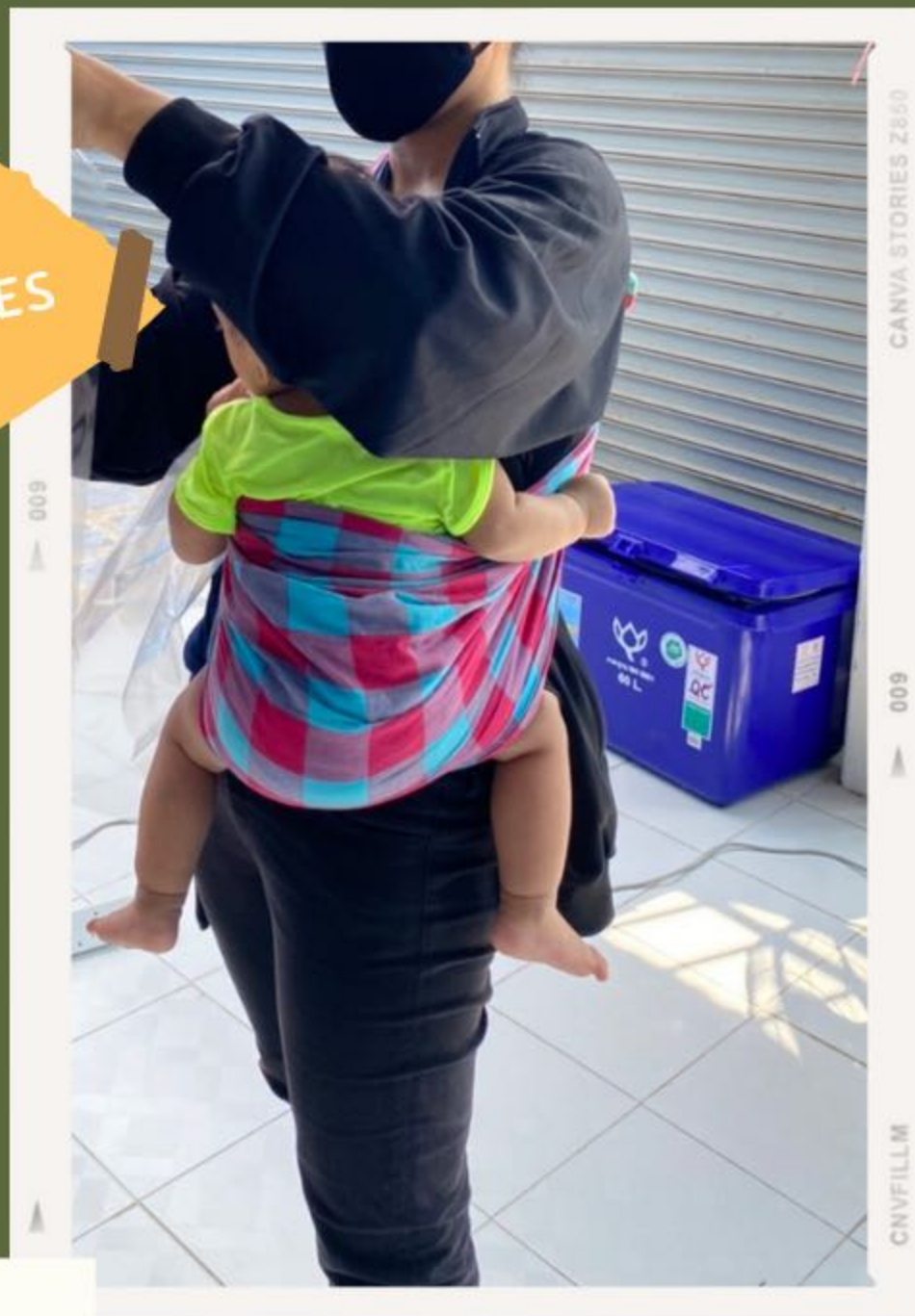
We are successful to promote our REFesh Farm project to the public. We set up a **Facebook page for REFesh Farm in March 2022**, Our Facebook page currently got **217 people liking the page and 224 people following the page**. From the post that we opened for pre-order the mushroom, we got **3,023 reached the post**, this shows that we can reach out to people and attract their interest in a short time

Product



From mushroom cultivation workshop round 1 we plan to sell mushrooms to outsiders, and **we gain 1,720 THB from selling the product**. We also **have some customers who are on the waiting list from the mushroom in round 2**.

VOICE FROM THE BENEFICIARIES



Pre-workshop

- Lack experience with urban farming equipment and doubted their capacity to grow milky mushrooms.
- They usually ate mushrooms but did not know their specific names or how to grow them.
- They were unfamiliar with urban farming but were eager to learn more.



Post-workshop

- They gained the skills and knowledge necessary to undertake a urban farming and are confident in their capacity to grow mushrooms.
- Not only did they learn how to grow milky mushrooms, but the milky mushroom they grew also delivered to other people.
- Even though the procedures for making milky mushrooms were difficult to learn and included multiple steps, a young participant stated that the techniques are useful for urban farming outside of the project.

Supporting REFresh Farm means...



1

Supporting the vulnerable population to **resettlement** and **access more opportunities**



2

Promoting the **food security** and **sustainability in local community**



3

Empowering the vulnerable population to **increase livelihood skills.**



REFresh Farm
@REFreshfarm.mushroom



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REFresh Farm
@refresh.farm

