ISSUE 03/03
SEPT-DEC 2022

HEALING OUR PLANET

starts with all of us!



HOMEGROWN VEGETABLES:
FRESH, EASY & CONDO-FRIENDLY

AQUAPONICS GARDENING

COMPOSTING:
WHERE TO START?

BE AN EARTH BUDDY

**What can I do as an individual?
Would I make a difference?**



Answer

Definitely!

If each of us takes responsibility with baby steps to review and change how and what we consume, this baby step can make a huge difference when we all join in the circle of millions of people who have woken up to this realization, "Collectively, we can make a difference. It starts right now with you and me!"

In this third issue of La gourmet® "Save The Planet", I want to encourage you to join our "Go Green" team to do home gardening, and condo planter box gardening, focusing mainly on growing organic vegetables and herbs. For those who need assistance, we will show you the steps on how to create a simple organic plot. Whether you're living in a landed property or a high-rise, you'll benefit from this issue.

I used to use chemical fertilizers and pesticides in my garden, which was recommended to me as the easiest way to grow plants and get rid of pests.

Fortunately, I have woken to the realization of the dangers of each degradation of my garden. Over the years, I have since changed to using only organic compost and organic soil, so that the vegetables I consume from my garden are organic.

Thus in this issue, we want to take you on a journey of home gardening, which results in nutritious and juicy vegetables and herbs that you and your family can enjoy.

Composting

Gardening needs fertilizers, so we will devote some time to learning and teaching the art of simple home composting using the waste from your daily food preparation and dried leaves from your garden.

Get your children involved so they start young to acquire new skills and have fun while learning; watching the plants grow and harvesting the organic produce. This will heighten their senses, and create greater awareness of the importance of organic soil and plant-based food to promote healthy eating habits.

This can also be a great avenue to limit their screen time. Walking barefoot in the garden has been proven to enhance our health and provides feelings of well-being with an antioxidant effect. The whole family could anticipate a few hours per week to enjoy grounding whilst tending to the garden.

We at La gourmet® cannot but put great emphasis on home veggie gardening and compositing to create a livable space where we put back organic back into the earth we occupy as it nurtures and heals us in many ways.





WHAT IS COMPOSTING?

Composting is the natural process of recycling organic matter, such as leaves and food scraps into a valuable fertilizer that can enrich soil and plants.

WHY IS *Composting* IMPORTANT?

- ✓ It reduces greenhouse gas emissions
- ✓ Recycling nutrients
- ✓ Improving soil health
- ✓ Mitigating the impact of droughts
- ✓ It provides an ideal environment for bacteria, fungi and other decomposing organisms such as worms, bugs to do their work

What are the benefits of Composting?

1 Reduce The Waste
Food scraps and garden waste, both make up more than 28% of what we throw away, which is a significant burden on the environment.

2 Composting at home allows us to divert some of the waste from landfills and we turn the waste into invaluable "black organic soil" for our garden.

3 Cuts methane emission from landfills.

- When organic matter decomposes it undergoes aerobic decomposition, meaning it's broken down by microorganisms that require oxygen. When this compostable waste goes to a landfill, it gets buried under massive trash, cutting off the supply of oxygen for the decomposers.
- This waste ends up undergoing aerobic decomposition by organisms that can live without oxygen, creating biogas as a by product. Biogas is about 50% methane and 50% carbon dioxide, both of which are potent greenhouse gases with methane being 28 to 36 times more than CO_2 at trapping heat in the atmosphere.

- Thus you see how **VITAL** it is if each household could start doing their part to 'love mother earth' by composting so we not only have good organic black soil but we help to reduce greenhouse gas emission.



Dear friends, I hope you will start your composting journey with waste from your kitchen and garden to help fight climate change!



HOW TO MAKE COMPOST

There are different ways of making compost. For our article, we like to focus on easy ways of doing it so it is doable for our busy day-to-day living.

Before we go into that we will briefly mention the 5 methods of Composting.

Aerobic Composting

- This is the breaking down of organic materials with the help of microorganisms that rely on oxygen to survive.
- Requires a pile of organic material that is slightly moist and open to the air
- The pile will need to be turned in order to aerate the waste.
- The combination of moisture and aeration is what gets enough oxygen to flow and for those microbes to help decompose your kitchen scraps.
- You can do aerobic composting indoors or outdoors.





➤ Electric Composting

An electric indoor compost bin alternative. It may be the easiest method but it requires higher investment and electricity.

➤ Vermicomposting or Worm Composting

- ➤ Use worms to compost your organic materials
- ➤ You need a compost bin, some soil and some worms.
- ➤ The bins need to have airflow because the worms will need oxygen to survive.





➤ Cold Composting

Easy method as all you need to do is to throw your food scraps and garden waste in a pile and wait. This is the simplest form of composting but it can take at least a year for the composting process to finish.

➤ Trench Composting

For this you need to dig a 12 inches deep trench. Bury your kitchen scraps. Leave it for a few months.



Free Tree Society is a non-profit organization that aims to improve the city greenscape by giving out free plants. Our team has worked with them throughout this last phase of the campaign on composting and gardening. If you are interested to learn more, get into composting, or to purchase a compost bin, contact them at their social media platform.

FREE TREE SOCIETY
FB PAGE



How to compost,

- 3:1 Ratio (dried leaves from your garden: veggie scraps)
- Keep your compost moist
- Turn your compost once a week
- Use urea to help your compost break down faster



Dried leaves from your garden

Veggie scraps

Alternate layers of leaves (carbon rich brown matter) and veggie scraps (nitrogen rich green matter) of various sizes. The carbon, nitrogen, and water will work together to degrade into a rich organic compost that can be used as a natural fertiliser.

Content Source: Free Tree Society Kuala Lumpur



Global warming may disrupt food distribution and it is scientifically proven that over 90% of Earth's Soil could become degraded by 2050. This is frightening as land degradation has serious knock effects on humans such as malnutrition, disease, and forced migration (which is already happening in the Middle East and some parts of Europe, Africa and Central America. Additional damage and even war can happen as the soil will be the "new gold". Thus I encourage all of us to go organic and plant our organic vegetables and fruit, so we preserve what the world is losing.
Can you imagine if every housing estate takes this initiative? We will have a better soil system that can help us and our future generations.

NOTE: At a 2019 conference the U.N. Food and Agriculture Organization warned that if soil erosion continue at its current pace the world could run out of top soil.



WHAT NOT TO USE FOR COMPOST?



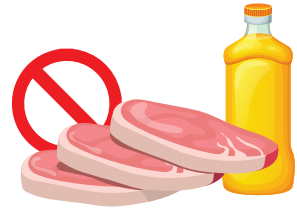
Coal or charcoal ash
(might contain substances harmful to plants)



Dairy products
(eg. Butter, milk, sour cream, yoghurt and eggs – create odour problems and attract pests such as rodents and flies)



Diseased or insect-ridden plants
– diseases or insects might survive and be transferred back to other plants



Fats, grease, lard or oils
– create odour problems and attract rodents and flies



Meat or fish bones and scraps
create odour problem and attract rodents and flies



Pet wastes (eg. Dog or cat faeces)
– might contain parasites, bacteria, germs and virus harmful to humans)



Plants and trimmings with chemical pesticides
– might kill beneficial organic composting organisms

Composting Basics

Compost is a cheap and sustainable fertilizer made of organic waste. When made properly it is rich in nutrients. All organic material will eventually decompose but we can speed things up by composting them.

HOW TO COMPOST

Layer waste to create a ***Carbon:Nitrogen ratio of 30:1.***


Dried leaves


Hay



Paper


Teabags


Ash


Egg shells

Add moisture but not too much - think 'wet sponge'.

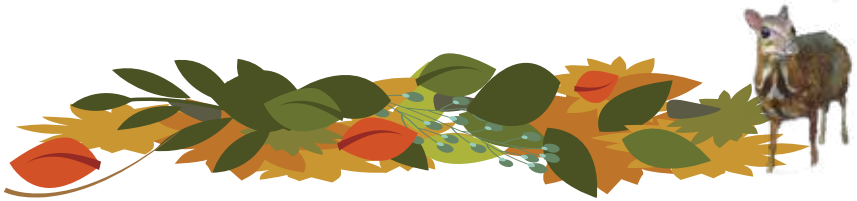
Add urea once a week to help raise the temperature.

°C↑ Keeping the sides & lid closed traps heat and speeds up the break down process.

COMPOSTING METHODS

Static Pile Composting

Pile brown leaves and green waste into piles and leave them to naturally break down. Useful for large gardens with big trees.



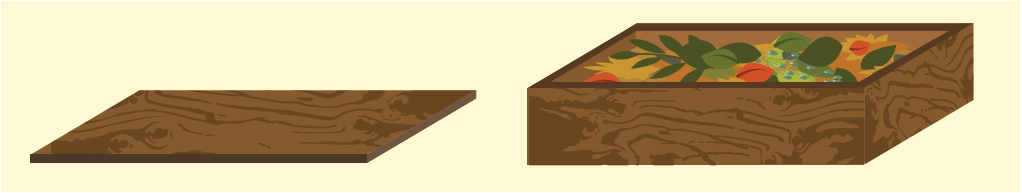
Content Source: Free Tree Society Kuala Lumpur

Vanilla Composting

Prepare a closed compost site where you can layer leaves and green waste to a ***1m height***. Turn every 3 days for the first week, followed by once a month for the next 4 months.

Quick Composting

The same as Vanilla Composting but shred brown leaves and blend green scraps to ***increase surface area*** and ***reduce the size*** of the starting material. Compost should be ready to use in a month's time.



Anaerobic Composting

Layer brown and green waste into garbage bags. Seal tightly and leave for 6-12 months to break down.



Trench Composting

Simply dig a hole ***30cm deep*** and bury your kitchen scraps. Leave it for a few months and plant over it if desired. Suitable for ground and large pots.



4cm of compost can provide plants with all the nutrients they need to grow for a 6-month period.



4cm

Composting reduces landfill waste. Diverting waste to the garden reduces our environmental footprint. Less land is needed to create landfills and fewer garbage trucks are needed to transport trash.

Content Source: Free Tree Society Kuala Lumpur



COMPOSTING MYTH BUSTER!
WORRY ABOUT SMELL, FLIES?
WORRY NO MORE!
IF YOU DO IT RIGHT!



Anaerobic composting means there is a need for oxygen for composting to work properly. The compost pile is breaking down slowly so will have a swampy smell. You need to turn the pile regularly to introduce oxygen to help mitigate any odour. Add leaves and a few shovels of soil to keep the pile from turning slimy.

What items are used for composting and what to avoid? All composting requires 3 basic ingredients:

From your kitchen

- Fruit peels, vegetable waste
- Crushed eggshells
- Coffee grounds and filters, tea bags
- Nut shells
- Shredded newspapers, cardboards and papers

From your garden

- Grass clippings, dead leaves, branches, twigs
- Water – having the right amount of water, greens and browns are important for compost development









BENEFITS OF GROWING YOUR OWN FOOD



There are many benefits to growing your own vegetables and herbs tOne of the best ones we can think of is having a "from the garden to the table" dining experience in the comfort of your home.

Fresh produce from your garden tastes better than store-bought ones too, and you'll also save more on your grocery expenses. In the long run, you'll foster a connection with nature and your family, and it enhances your health and well-being.

Growing your own food means you are in control of what and how you feed your plants. Use only organic compost and soil as you'd want to harvest your own organic vegetables, fruit or herbs. Vegetables and fruit from your garden retain the most nutritional value as you picked and eat them within a short time.





Gardening is a healthy activity that helps relieve work stress and improve our skills. When done in the morning, we get to obtain Vitamin D from the sun too!





CONDO-LIVING GARDENING

Yes, growing your own food on a high-rise balcony is possible too!



You can plant using containers of hanging planters (house planter boxes that are lightweight. Try not to overcrowd your balcony. Fertilize with organic seaweed extract. Do not overwater your veggies as overwatering will cause problems.

Natural Repellents



To protect against any diseases or pests, use natural ingredients such as garlic or chilli powder and water solution to repel pests naturally. Get a good spray bottle, mix garlic or chilli powder with water, and spray on the leaves. Do not use chemical fertilizers or pesticides as we want to keep the plants and veggies fully organic.

Getting Children Involved In Home Gardening.

Home gardening can benefit children of all ages. It provides a great opportunity for children to learn and equip them with critical skills, which can help them in other areas of their lives. Gardening can heighten all senses in children, to feel the dirt, flowers, veggies, and herbs. They can pick and learn to taste the outcome of their hard work. They can take on a more responsible role to learn to take care of the plants.

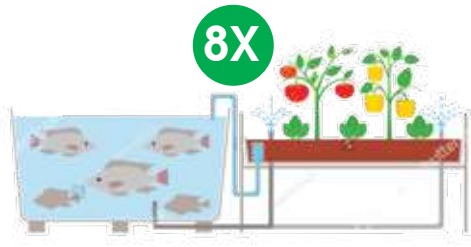
When children are involved in the process, they can learn a sense of ownership and pride over their healthy eating choices. This is an easier way as children are engaged in growing their vegetables, they gain a keen interest in eating them too.





AQUAPONICS

Aquaponic is a veggie production system that couples aquaculture with hydroponic whereby the nutrient-rich aquaculture water is fed to hydroponically grown plants.



Aquaponics



Traditional Agriculture

This system uses 1/6 of the water to grow 8 times more food – compared to traditional agriculture.

All natural fertilizer comes from the fish waste. It is efficient, sustainable and highly productive. The organic vegetables are fresh, crunchy and free of pesticides. Aquaponic vegetables are tastier than the same vegetables grown in soil.



The downside is aquaponic is not suitable for all crops. There is the cost of electricity and it is relatively expensive to start.



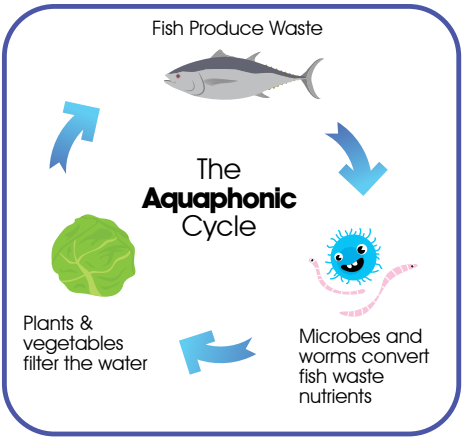


Aquaponic is a form of agriculture that combines raising fish in tanks (recirculating aquaculture) with soil plant culture (hydrophonic). In aquaponic, the nutrient rich water from raising fish provides a natural fertilizer for the plants and the plants help to purify the water for the fish. This method can be used to raise fresh fish and vegetables.

Aquaponic is a great example of year long farming, can be done anywhere on landed property, condo or flats with outdoor balcony. It provides fresh local veggies that is free of pesticides and chemical fertilizer.

DO I NEED TO CHANGE "WATER IN AQUAPONICS"?

There is no need to change water as the system is pretty much self-cleaning. You will need to add water to replace water lost to evaporation.



There are three living organisms in an aquaponic system. The fish provide food for the plants, the plants clean the water for the fish to live and the nitrifying bacteria converts fish wastes into nutrients as plant food.

Sunlight is the best light source for plants and fish are healthier if they get daily exposure to sunlight. However light is not essential for the growth of the beneficial bacteria so keep them away from too much light as ultraviolet light kills bacteria.

Another point to note is water is the lifeblood of an aquaponics system. It is the medium through which plants and fishes receive all the essential nutrients and oxygen requirements. A good quality, nutrient-rich water provides perfect environment for the bacteria to thrive and nitrify to keep the water safe for the fries. Thus we need to monitor the water quality for the health of your fish and plants. Temperature, pH value and ammonia are the water quality parameter we need to pay attention-to. The ideal pH level between 6.8 and 7.2 will keep the bacteria functioning fully while allowing the plants to access the essential nutrients required to grow fully. A sudden change in pH levels can be lethal to the fish and plants. If pH levels in your system get too low, the nitrification will slow down or stop and ammonia will accumulate to a toxic level, which could harm the fish.

Whilst a very high pH can cause poor plant growth, fruit and flowers development. Next is water temperature should be at an optimal range of 680 - 860 F or 200 - 300 C.

Lastly, ammonia plays a significant role in an aquaponics system. It starts the nitrogen cycle. Fish produces waste that is full of ammonia, bacteria convert them into nitrates necessary for plant growth. Thus it is essential to monitor the ammonia level in your aquaponics system to ensure you create the best environment for the fish, plants and bacteria.

Vegetables grown with the aquaponics system are kept in a nutrient-rich environment, and because nature plays an important role in the development of vegetables, the produce you'll get are more flavourful and crispy.



SEED PACKET GIVEAWAY

1st - 30th September 2022



Grow your own herbs !

STEP 1

Spend RM270 and above on any Lagourmet item in a single receipt and get a pack of herb seed for FREE.

STEP 2

Plant the seed and have your own herb garden.

STEP 3

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Ms.Jean Yeap
Managing Director
(Katrin BJ Sdn Bhd)



Ms.Baida Hercus
Free Tree Society



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Braised Sea Cucumbers with Mushrooms

The Healthy Claypot with far infrared rays and Alkaline Benefits!

Ingredients:

Dried Shiitake Mushrooms (soaked)
Black Fungus (soaked)
Sliced Ginger
Shallot
Garlic
Oyster Sauce
Salt or Pepper to taste
Abalone Sauce
Soya Sauce
Sesame Oil for cooking
Canned Buddha Jumps Over the Wall (as a substitute if no Fish Maw)

For Garnishing:

Coriander
Spring Onion

Directions

1. Soak the dried shiitake mushrooms and black fungus for 30 minutes or until they soften. Make sure to clean any dirt or debris, then set them aside.
2. Heat sesame oil in the La gourmet Truly Oriental Claypot over medium heat, then sauté the shallot and ginger until fragrant or until the shallot turns golden in colour.
3. Next, add in the mushroom and stir fry for a while followed by the black fungus and sea cucumbers Add in the sauces and continue to stir fry for 2 - 3 minutes. Add in salt or pepper for taste.

   Close the lid and cook it under slow heat for 35 - 40 minutes. Lastly, open the lid and add the can of Buddha Jumps Over the Wall. The sea cucumber stew is ready and can be served with rice.

TIP

Boil the sea cucumbers with ginger over low heat for 15 minutes to remove the strong fishy odour.

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Let's get braising NOW!

Spicy & Sour Red Snapper

Ingredients:

1.....Red onion
12.....Shallots
6 - 8.....Cloves Garlic
1½ inch.....Ginger
½ tsp.....Turmeric powder
25 Pcs..... Dried chillies (deseeded and boiled)
1 Tsp.....Fennel Powder
1 Tsp.....Cumin powder
½ Tsp.....Ground black pepper
½ Tsp.....Fenugreek seeds

Ingredients (For fish)

1Kg.....Red Snapper
1 Pcs.....Tomato (cut into wedges)
10 – 15 Pcs... Okra
6 - 8 Pcs.....Kaffir lime leaves
1 Inch.....Roasted fermented shrimp paste
3 - 5 Tbsp.....Tamarind paste
Cooking oil (as needed)
Salt to taste

Garnish

Chopped coriander and red chillies
Sliced limea

Directions

1. For blended ingredients: Firstly, cut and deseed the dried chillies, then boil them for 10 – 15 minutes and strain. Next, place all the ingredients – boiled dried red chillies, red onion, garlic, shallot, ginger, turmeric powder, fennel powder, cumin powder, fenugreek and ground black pepper until they turn into a paste.
2. Add oil into the Shogun Morandi and heat over medium heat. Once the oil is hot, lower the heat and add the blended ingredients and sauté until fragrant for about 5 – 10 minutes. Next, add water, roasted fermented shrimp paste, tamarind paste, kaffir leaves and the red snapper fish, cook for 10 minutes.
3. Then, add the tomato and okra, and season according to your preference. Cook for another 10 minutes or simmer until the gravy is slightly thick. Once done, serve with rice.

Nitrigan® Wok



Apple Fritters

Prep Time 15 - 20 mins

Level Medium

Cooking Time 10 - 15 mins

Serving 3 - 5 persons

Ingredients:

1½ cups..... All-purpose Flour
36g.....Sugar
2 tsp.....Baking Powder
1 tsp.....Salt
½ tsp..... Cinnamon Powder
A pinch.....Nutmeg Powder
2/3 cup.....Milk
2 nos.....Eggs
2 tsp.....Vanilla Extract
2 tbsp.....Butter
3.....Apples (cut into cubes)
3 tbsp.....Lemon Juice
Vegetable Oil

Ingredients (For the glaze)

2 cups.....Powdered Sugar (Icing Sugar)
2 tbsp.....Lemon Juice
2 tbsp.....Water as needed

Garnish

Lemon Zest



1. Peel and cut the apples into bite-size cubes and transfer them into a bowl, squeeze the lemon juice, mix well, and set aside.
2. In a bowl, mix together the flour, sugar, cinnamon, nutmeg, salt, baking powder, eggs, vanilla extract and milk. Use a spatula to mix it all until well combined. Then add the cubed apples and mix so all the apples are coated.
3. Using the La gourmet Nitrigan, heat up the oil over medium heat. Once the oil is hot, scoop the batter with an ice cream scoop into the oil. Once the fritters are golden brown on the bottom, turn them over with thongs and fry until both sides are golden brown.
4. In a separate bowl, sift the powdered sugar, add lemon juice and water. Whisk together until completely incorporated, add more water if needed. What you want is a thin consistence for the apple fritters.
5. You can serve the apple fritters with the glaze as a dipping sauce, or you can drizzle the glaze over with a spoon. Garnish with lemon zest.

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UP TO 50% ENERGY SAVINGS
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NO CHEMICAL

NO COATING





Recipe: Tau Fu Fa

Prep Time	Cook Time	Serving	Level
10 minutes	15 minutes	8-10 person	Medium

Ingredients
- 300gm Soybean
- 1L cold water
- 3 liter of cold water
- 50gm Corn Starch
- 1 tsp GDL Powder
- 1/2cup cold water

For Ginger Syrups
- 250gm granulated sugar
- 1 cup Cold water
- 20gm fresh ginger
- 3 pcs Pandan Leaves

For Palm sugar syrups
- 250gm Palm Sugar
- 1 cup Cold Water
- 3 pcs Pandan Leaves

Step By Step Preps.

1. Rinse soybean with water and soak with 1 liter cold water, overnight, in the chiller
2. To make Ginger syrup: in a pot, add in the sugar, 1 cup of cold water, slice ginger and tied pandan leaves. Heat the pot until simmer for 5 minutes. Occasionally stir the mixture to combine well.
3. Strain and remove the leftover chucks. Keep ginger syrup in a glass container and keep it chilled until needed.
4. To make Palm Sugar syrup: in a pot, add in Palm sugar, 1 cup of water and pandan leaves. Heat up the pot until simmer for 5 minutes.
5. Strain and remove Pandan leaves. Keep Palm sugar syrup in a glass container and keep it chilled until needed.
6. Drain soaked soy beans and discard the liquid. Add the soaked soybean into a blender jar and add in 2 liters of water then blend until smooth.
7. Using a muslin cloth or tea sock, strain and press the mixture in batches. Put aside the solid and repeat until finish.
8. Put the solids back into blending jar and add 1 liter of water and blend until smooth and repeat step 7.
9. Final strain through clean tea socks/Muslin cloth then transfer into a pot and bring the mixture to near boil for 5 min. Skim off any foam formed.
10. In a small bowl, combine Corn Starch, GDL Powder and ½ cup of cold water to make a coagulant mixture.
11. Combine Coagulant and soymilk and skim off any excess foam. Close the lid and let it sit undisturbed for 20-30min.
12. Once firm, it's ready to serve with the syrups.



Passion Fruit Maple Roast Chicken

Prep Time ***45 minutes***	***Level*** ***Medium***
Cooking Time ***45-50 minutes***	***Serving*** ***5 - 8 person***

Ingredients:

1 whole Chicken (Cleaned & dry).
3-4 Tbsp.....Olive oil.
6 Cloves..... Garlic (crushed).
2 Tbsp.....Smoked Paprika.
1 Tbsp.....Cumin Powder.
1 Tsp.....Black Pepper Ground.
1 Tsp..... Oregano
2 Tbsp.....Maple syrup.
4.....Passion Fruit (the juice.)
Salt to taste.

Garnish:

Roasted yellow capsicum.
2-5.....Pcs Red Chilies.
Coriander leaves.
Passion fruit (cut ½)

Directions

1. Clean chicken thoroughly and pat dry then set aside.
2. Preheat the La gourmet 42L oven to 175°C.
3. Chicken marination – Blend the flesh of passion fruit into smooth consistency. In a bowl, mix olive oil, smoked paprika, cumin powder, black pepper ground, passion fruit juice, maple syrup, oregano, and crushed garlic. Mix until all well combine.
4. Apply the mixture of the ingredient to whole dry chicken include the inside cavity of chicken and let it marinade for 1.5 hours.
5. After marination, pierce the whole chicken through using the rotisserie rod.
6. Slot in the rod in place inside the oven under low temperature (170°C) for 30 minutes with oven fan on.
7. Open oven to add capsicum and chilies on each side of the chicken. Increase temperature to 230°C and roast for another 15 minutes or until the skin is golden and the capsicum and chilies is cooked.
8. Upon complete, let the chicken rest for 10-15 minutes.

TIP

Do not discard the chicken juices. It can be served together for tastier dish.

9. Garnish with lemon slices, rosemary, or passion fruit.



42L oven is perfect for crispy even roast. ***Double layer glass door*** oven retains stable heating throughout the whole roast process.

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HEALTHY RETRO JUICE BLENDER





Mint Green



Vanilla Cream



Flamingo Pink



Imperial Red



Flamingo Pink



Imperial Red



Vanilla Cream



Mint Green

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Foods are submerged in oil



La gourmet OVEN

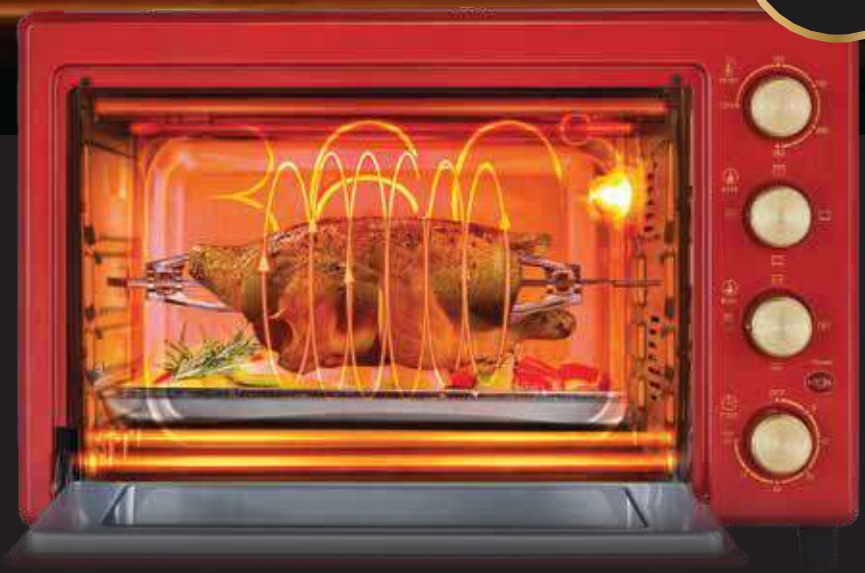
Adjustable Rack & Tray

Crispier & Tastier
Excess oil drop separately



DOUBLE LAYER GLASS DOOR







12” Pizza
x1



Whole Chicken
x1



Chicken Wing
x15



Egg Tart
x12



Perfect baking with premium double layer glass door technology to keep heat in oven 2x more stable

Tree Planting Mission

We pledged allegiance to Mother Nature to do our best to restore the earth's balance, and for our 27th anniversary, we've teamed up with Free Tree Society to plant trees in 27 schools across Selangor and Kuala Lumpur.

Through this project, we hope to provide fun outdoor learning to students and teach the younger generation about climate change, environmental protection and the value of trees

We planted fruit trees such as cempedak, pulasan, duku and rambutan, and also our nation's national tree - Merbau tree (Malacca teak), which symbolises the integrity of the nation's forests. In its natural environment, Merbau is hardwood and stands tall and majestic, and it will serve as a reminder that sustainable development is possible. .





SK KAMPUNG PENDAMAR, KLANG



SK KAMPUNG PENDAMAR, KLNG



SK KAMPUNG PENDAMAR, KL



SK KAMPUNG PENDAMAR, KLANG



SK BATU LAUT, KUALA LANGAT



SK BATU LAUT, KUALA LANGAT



SK BATU LAUT, KUALA LANGAT



SK BATU LAUT, KUALA LANGAT



SK TELOK GADONG, KLANG



SK TELOK GADONG, KLANG



ST. JOSEPH'S INSTITUTION INTERNATIONAL SCHOOL, PETALING JAYA



ST. JOSEPH'S INSTITUTION INTERNATIONAL SCHOOL, PETALING JAYA












We visited various schools for the tree-planting project and we were truly awe-inspired by the efforts and dedication put in by the educators and students of SMK Seri Sentosa in KL. They are way ahead on this green journey, and they have allocated a wide space for their garden and hydroponic farm, which is filled with healthy, thriving vegetables and fruit.

Most people think composting stink?

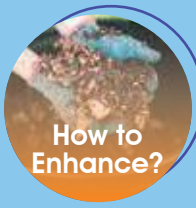
Learn the rightway of composting & get benefited from it



COMPOSTING *Workshop*











14th Jan 2023

4.00 pm

Free Tree Society Kuala Lumpur (FTS)

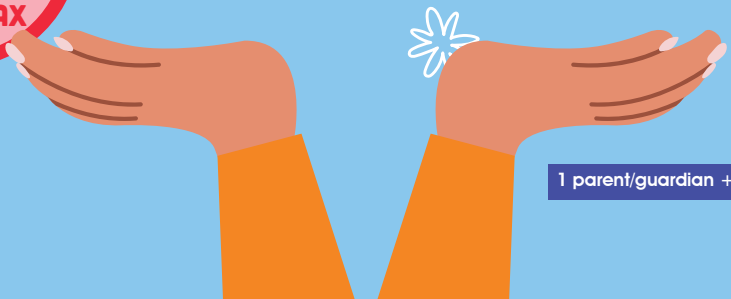
Taman Tugu Nursery on Jalan Sultan Salahuddin (near Tugu Negara, Kuala Lumpur).

Entrance is **FREE***

Limited **TO 20 PAX**

*With a minimum purchase of RM270 at any La gourmet experience centre or Kitchen Shop outlet.

Workshop fees worth RM1300 are sponsored by La gourmet International LLC.



1 parent/guardian + 1 child = 1 pax



It's the beginning, not the end.

We've come to the end of our year-long "Save the Planet" campaign, and along with this final issue - "Healing Our Planet Starts With All Of Us", we're closing this chapter. But the finale of this campaign does not mean it is the end of our green journey, itmeans we are ready to take longer strides towards sustainability.

Throughout our 27th anniversary, we have conducted various activities such as reusable shopping bag giveaways, forums and discussions, upcycling contests, garden seeds giveaways and tree-planting in schools,international schools. and universities.
We hope we were able to enrich your lives through these activities, and we trust that this will somehow createa ripple effect of positive change.



Key point to remember in this journey are

1) Soil is the 'New Gold'
2) Be in touch with nature and be inspired to grow your own food
3) Organic soil and organic pesticides
4) Be in control of what you consume
5) Be aware of how and what we consume

Every end is a new beginning, and where we are concerned, this is just the beginning of our movement. We will continue to make the changes on our own and acquire new knowledge on how we can improve as we continue this journey to sustainable living with you!

With Conscious Care,
Jean Yeap


27
ANNIVERSARY


La gourmet®