ISSUE 04 | MARCH 2024

FROM GARDEN TO PLATE

HARVESTING WELLNESS



la gourmet®

IMPORTANCE OF USING
HIGH-QUALITY
COOKWARE

GUIDELINES FOR
CREATING A VEGGIE
HOME GARDEN

NUTRITION TIP:
FIVE
COLORS OF HEALTH

Scan me



La gourmet® is dedicating this booklet on home veggie gardening as we are a brand with a heart that cares for you and we care about Mother Earth.



WHY SO?

1. UNESCO has reported worsening land degradation has impacted 3.2 billion people worldwide, well-being of 2/5 of humanity has been undermined, species extinction are rapidly on the rise and climatic damage has worsened.
2. Mass tractors' farming, cattle ranching and industrial development drove many species extinctions and climate change.
3. Land degradation and climate change also contributed to mass human migration and increased conflict among nations. Significant loss of biodiversity and ecosystem services, food security, water, purification, provision of energy essential to humankind has reached 'critical level' in many parts of the world.
4. In 30 years the world will be in crisis when the deterioration of soil turn land into sand that cannot be used to grow food. Famine and illness will occur and with that war and human rights abuses will occur to fight for scarce land that are suitable for agriculture.

SO WHY DO WE WAIT?

We should collectively with baby steps, encourage organic veggie/fruits home gardening using only organic soil. Pesticides should also be natural and organic with use of garlic or chillies spray.

Apart from protecting ourselves from this huge problem, there are many benefits to grow your own veggie gardens:

1. **Food safety: No chemical pesticides**
   You are "In Control" of the growing environment of your garden. Outside commercial grown vegetables are laced with pesticides and have less nutrients compared to your home grown veggie.
2. **The Bounty of Fresh Garden Produce**
   Vegetables are plucked fresh from your garden. Fruits and vegetables that ripen naturally in the garden have more nutrients, juicier and fresh to the taste.
3. **Family Bonding and Healthy Living in the Garden**
   Bonding with family out in the fresh air and morning sunshine is good for our overall health. Digging, planting, weeding are excellent forms of low impact exercise.
4. **Grounding**
   Walk barefooted with your family in the garden as that will do a lot of good to your bodies
5. **Save money**
   Organic veggies are expensive so you save money by growing your own organic veggies and fruits.
6. **Growing veggie garden contributes to your "Food Security"**
   This is an important point I want to highlight. WHO stated that food security is achieved when all people at all times have access to sufficient, safe nutritious food to maintain a healthy and active life. Growing your own food garden contribute to your food security. Neighbours can share their veggies with exchanges so the harvest does not go to waste.

If we as a community start veggie gardens, share our produce, how secure we can be especially when climatic changes disrupt distribution and food is scarce in years to come. This is a start from your garden to a community garden so we can be self-sustaining and to be in control of the nutrients and organic veggie and fruits we consume.
Shall we get started? Why wait?

With Conscious Care,
Jean Yeap





A Beginner's Guide to

ORGANIC GARDENING

Discover the joy of organic gardening in this concise guide. From soil basics to chemical-free tips, it's your go-to for a thriving, eco-friendly garden. Let's start growing sustainably!

Growing veggies is awesome. Let me share simple tips that you should think about before starting your own veggie garden. Trust me, it's easier than it sounds!

1. **Light: The Sunshine Factor**
   Before you pick your plants, know how much sunlight your garden gets. Some veggies love the sun, like tomatoes. Others, like leafy greens, are cool with a bit of shade. Plan accordingly to keep your plants happy.
2. **Grow What You Love**
   Don't waste time growing things you won't eat. If you love nasi lemak, why not grow pandan leaves and lemongrass? It's like having your own Malaysian flavors in your garden!
3. **Seeds or Baby Plants: You Decide!**
   For beginners, starting with baby plants is easier than growing from seeds. Look for healthy ones, and if possible, get a pack with more than one plant. More plants mean more fun in your garden!
4. **Planting: No Garden, No Problem**
   Don't have a garden? No big deal! Utilize pots on your balcony. Grow veggies in hanging baskets, and even lettuce and kale can flourish in pots. Your gardening space, your rules.
5. **Keep It Simple: Easy Garden Care**
   Gardens need a bit of love, but you don't have to go crazy. Start small to avoid stress. Started with a tiny garden. Learn as you go and enjoy the journey.
6. **Soil: Your Garden's Best Friend**
   Good soil is the secret. Spend a bit more on good soil—it's worth it. Mix in some local compost or chicken poop. No need to dig up your garden; just let nature do its thing. If you're planting in the ground, check your soil first!



The Power of 5 Colors

Growing veggies on a home vegetable garden is not just about cultivating greens; it's about nurturing a vibrant palette of flavors and nutrients. In the same way that the rainbow of colors in your garden reflects the diverse goodness of nature, each vegetable holds a unique key to a spectrum of health benefits.

The Rainbow Palette: Nutrients Simplified



Red Veggies

Full of antioxidants like lycopene and vitamin C, great for your health.



Orange and Yellow Veggies

Packed with beta-carotene, super important for your eyes, and a solid source of vitamin A.



Green Veggies

High in fiber, folate, and lots of vitamins and minerals. Plus, they're like a detox superhero!



Purple and Blue Veggies

These guys have anthocyanins, which are like antioxidants that help fight inflammation.



White and Brown Veggies

Bring in allicin, quercetin, and other cool compounds that your body loves.

Creating a Beautiful
HOME GARDEN

In the busy city life, more and more people want a piece of nature right where they live. This guide is all about making a beautiful garden at home, whether you live in a cozy apartment or a big house with a garden. Let's explore the different ways to create a green space that fits your living situation.

Small Spaces, Big Ideas

Living in an apartment? No worries about space! Use pots and containers for your veggies and herbs. Pick plants like herbs and lettuces that fit in small spots. Learn to manage your small space for a stress-free garden.

Changing Spaces, Happy Hearts

Even in a small apartment, a garden can turn your place into a calm spot. It's like therapy for city stress. Your garden becomes a personal sanctuary, a small green corner that shows how beautiful life can be.

Gardens with Room to Grow

If you have a big house, your garden possibilities grow too. Perennials become like family, and your garden becomes more than just a place for food. It becomes a beautiful and changing space with the seasons.

Growing Green, Big or Small

Whether you're in a tiny apartment or a big house, having your own garden is always joyful. Enjoy the greenery, even if it's just on a little balcony. Let's start gardening and add a touch of green to every space! Happy gardening!

CHOOSING THE RIGHT PLANTS & DESIGN FOR YOUR SPACE

GUIDELINES FOR YOUR

BLOOMING GARDEN

APARTMENT

Know Your Space
Use vertical space.

Choose the Right Plants
Pick space-friendly herbs and veggies.

Soil Tips
Choose light potting mixes for containers.

Sunlight Tricks
Place sun-loving plants smartly.

Water Wisely
Watch for water runoff.

Mix it Up
Blend herbs, veggies, and flowers for diversity.

HOUSE

Know Your Space
Design distinct areas in your garden.

Choose the Right Plants
Mix perennials like roses or shrubs.

Soil Tips
Invest in nutrient-rich soil for the garden.

Sunlight Tricks
Understand sunlight patterns in your garden.

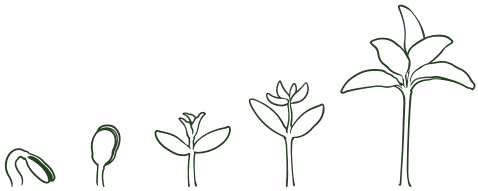
Water Wisely
Use drip irrigation for efficient watering.

Mix it Up
Experiment with different plant heights and colors.

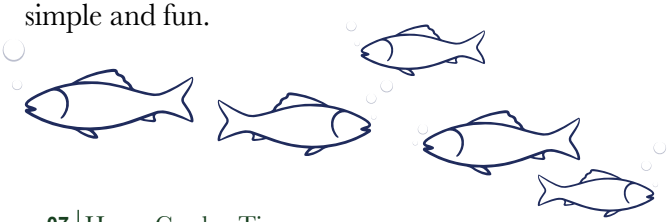


Thinking of Going Green in Small Spaces? Let Explore

AQUAPONICS!



Limited space in your apartment, condo or landed? No worries! Discover Aquaponics - the urban gardener's secret weapon! Turning small areas into lush green spots, Aquaponics makes gardening simple and fun.







Green Magic with Fish and Plants

Imagine a magical connection between fish, plants, and nutrients. Fish do their thing, creating waste that becomes a feast for your plants. It's like nature's dance, where everyone plays a part!

Easy Solution to Urban Gardening Woes

Urban gardening is no walk in the park, but with Aquaponics, it's a breeze! Say goodbye to the struggles of finding good soil, using too much water, and breaking your back. Fish waste becomes the ultimate natural plant booster, making city gardening a walk in the green park.



Less Water, More Food

Aquaponics is a water-saving hero in a world of thirsty gardens. No nasty chemicals – it's pure, natural, and perfect for balconies or basements. Set up your Aquaponics system anywhere; it's budget-friendly and designed for city living.

Plants and Fish Living Together

In Aquaponics, your urban space can host both lush plants and happy fish! Picture growing your dinner in the heart of the city – it's not just cool; it's a sustainable urban lifestyle.



Easy Techniques for Any Urban Space

Explore various Aquaponics methods like Deep Water Culture, Media-Based, or Vertical. They adapt to the smallest urban corners, helping you grow a diverse range of delicious crops.

No Excuses for Not Gardening

City life got your space limited? No more excuses! Aquaponics is the clean and easy way to garden. Dive into your green journey today! No space? No dirt? Aquaponics is your answer. No more excuses - start your easy gardening adventure now! Let fish, plants, and good bacteria make your garden awesome. Happy gardening!

From Ground to Growth

HOME COMPOSTING

In the midst of our fast-paced lives, where convenience often overshadows conscious choices, there exists a simple yet profound act that grounds us which is composting. This practice of transforming kitchen and garden waste into nutrient-rich soil is a small but mighty stride towards a sustainable future, reconnecting us to the essence of life.

In Malaysia, where 38,000 tonnes of waste are discarded daily, this is enough to fill one KLCC tower every 7 days. This mountain of waste not only fills landfills but also releases methane gas, contributing to over 25% of global warming. Most landfills in Malaysia act as crude dumping grounds, causing pollution and various environmental issues. The call to action is urgent.

Why does composting matter? Well, nearly half of our waste consists of food waste, and that's where composting comes into play. Beyond the buzzwords of sustainability and environmental responsibility, composting embodies a profound cycle of renewal. It's how discarded organic wastes like apple cores, coffee grounds, and fallen leaves find a second life, enriching the soil with essential nutrients. Composting matters because it is the embodiment of our commitment to give back to the Earth, to participate in a timeless ecological rhythm.

Patience is key in this natural transformation. You can witness the gradual decomposition of your kitchen discards into a dark, crumbly substance, known as the black gold of gardening.

For those new to composting, a few essential tips can make the journey smoother. Firstly, maintain a balanced mix of green and brown materials. Greens supply nitrogen, while browns contribute carbon. Mix three parts of brown material (like dried leaves) with one part of green material (like grass clippings). This equilibrium fosters the ideal conditions for decomposition. Secondly, chop larger items into smaller bits to expedite the composting process. It's all about creating a cozy environment for those diligent microbes. Thirdly, be mindful of what goes into your compost. Avoid meat, dairy, and oily items, as they can disrupt the delicate balance and attract unwanted pests.

Fourthly, keep it as damp as a sponge. Make sure it's moist but not soaked. Regular turning or stirring aerates the compost, expediting the process.

As we embark on this composting journey, let us recognize its impact. Beyond the enriched soil for our gardens, composting is a tangible act of environmental stewardship. It reduces the burden on landfills, minimizes methane emissions, and closes the loop in our consumption habits. It's a humble gesture with profound implications.

In a world where every action counts, composting stands out as an accessible, empowering endeavor. It's a reminder that our daily choices shape the world we inhabit. As we nurture our compost bins, we cultivate not just soil but a sense of responsibility and connection to the intricate web of life. In this age of rapid change, composting invites us to slow down, observe, and actively engage in the enduring cycle of regeneration.



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.



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.

Temperature and humidity play a role in the breakdown process. In our tropical climate, the composting process tends to be quite rapid.

COMPOSTING METHODS

Static Pile Composting

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



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.

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.

Beautify Your Home with the Colourful

RETRO JUICE BLENDER

Sometimes, the simplest and smallest home appliances can do wonders for your home improvement. Having a collection of basic and small appliances in the home can truly change the way of living for many individuals. Not just in the convenience factor but also in productivity and cleanliness.

Blenders are an essential kitchen appliance (especially if you like to make fresh juice at home), but they often take up a lot of space on the counter or in cabinets. That's what makes our Retro Juice Blender so convenient. Not only are they space-saving in the sense that they're more compact than full-size models, but they also minimize the number of containers you need in the kitchen because you drink from the same cup you use to blend the ingredients in.

Retro juice blender is often praised for their convenience and versatility. These compact blenders are designed for individual or small-batch blending, making them suitable for blending a variety of ingredients, including fruits and vegetables from your garden.

VERSATILITY

It come with stainless steel blades that allow you to blend a variety of ingredients, from soft fruits to harder vegetables.

POWERFUL

300W motor with powerful and effortlessly tackles various tasks with ease.

EASY TO USE

User-friendly, with simple controls that make blending quick and easy then take it with you on the go.

EASY TO CLEAN

The glass mug allow you to blend without any scratches & smell. It is so easy to clean with just rinse with water.

0.8L HEALTHY RETRO JUICE BLENDER




JUICING
POWER
La gourmet



FOUR HEAVENLY KINGS RECIPES

-Nitrigan Wok

We use La gourmet Nitrigan for:

- ✓ Wok Hei
- ✓ Tasty
- ✓ Fast to cook
- ✓ Healthiest Cookware



Prep Time	Cook Time	Servings	Level
30 mins	15 mins	3-5 people	Easy

Ingredients

- 110g String Beans
- 110g Okra (diagonally sliced)
- 110g Winged Beans (diagonally sliced)
- 250g Eggplant (chopped into 4 cm length)
- 20g Dried Shrimp (soaked & chopped)
- Red Onion (sliced)
- 5 Cloves of Garlic (sliced)
- 4-6 tbsp Chili Paste or Sambal Paste
- Oil, Salt & Sugar (as needed)

Garnish

- Red Chilies
- Spring Onion

Directions:

1. In a Nitrigan Wok, heat oil over medium heat. Cook the eggplant for about 2-3 minutes or until all sides are browned and cooked. Once done, transfer the eggplant to a plate.
2. In the same wok, sauté dried shrimp, red onion, chili paste or sambal, and garlic until the mixture becomes aromatic.
3. Add a bit of water, followed by okra, winged beans, string beans, and the pre-cooked eggplant. Toast the mixture until all ingredients are well coated.
4. Season with salt and pepper according to your taste preferences. Stir until all the components are fully incorporated.
5. Continue cooking until the sauce thickens to your liking. Once done, turn off the heat. Serve the Stir-Fried Vegetable over rice, and top it with red chilies and spring onions.

THAI FRIED CHILI SHRIMP WITH MINT

-Elite Wok

- ✓ 18/10 stainless steel multiply wok
- ✓ super hygienic & tasty results





Prep Time	Cook Time	Servings	Level
30 mins	15 mins	3-5 people	Easy

Ingredients

- 400-500g Shrimps (washed & cleaned)
- 8-10 Red Bird's Eye Chilies
- 3-5 Shallots (thinly sliced)
- 5 Cloves of Garlic (minced)
- 2 stalks Lemongrass
- 20g Palm Sugar
- 1-8 Butterhead Lettuce leaves
- 20ml Fish Sauce
- 25ml Fresh Lime Juice
- 45g Roasted Cashew Nuts
- Thai Tempura Flour
- Oil, Salt & Sugar (as needed)

Garnish

- Mint leaves & coriander leaves
- Spring onion

Directions:

1. In a bowl, coat the shrimps with Thai tempura flour, shake off excess, and set aside.
2. Heat oil in the Elite Wok over medium heat. Cook the shrimp for 2-3 minutes or until all sides are browned and cooked. Remove the shrimps to a plate.
3. In the same wok, sauté shallots, red bird's eye chilies, and garlic until aromatic.
4. Add lemongrass, palm sugar, water, fish sauce, fresh lime juice, and roasted cashew nuts. Stir until well combined. Then, add the shrimp and toast until well coated.
5. Continue cooking until the sauce thickens. Once done, turn off the heat and serve with rice, butterhead lettuce, and top with mint leaves, coriander leaves, and spring onion.
6. Enjoy your delicious Thai Fried Chili Shrimp with Mint paired with rice!

GO Green, Hygienic, Pureglas!

ALWAYS THE HEALTHY ALTERNATIVE TO PLASTIC!

In an era where the call for sustainable living resonates more than ever, the intersection of gardening and eco-conscious choices takes center stage. As gardening enthusiasts, we understand the unparalleled joy of cultivating our own fresh produce - a practice that not only reconnects us with the earth but also allows us to savor the fruits of our labor.



Enter La gourmet Pureglas, a revolutionary collection designed to elevate the experience of preserving and enjoying your garden-fresh produce. From its uniquely engineered clips to the airtight silicone seal that locks in the essence of just-picked fruits and vegetables to its eco-friendly composition, La gourmet Pureglas ensures that the freshness of your garden produce is locked in. This feature not only prevents air from getting in but also keeps harmful microorganisms at bay, extending the shelf life of your fruits and vegetables.



La gourmet Pureglas containers is designed to be versatile in its function, from storing freshly picked fruits to preserving homemade sambal, jams, pickles & more. Its versatility makes it a valuable addition to any kitchen, especially for those who love to experiment with garden-to-table recipes.

Join us on a journey through the eco-friendly design, versatility, and elegance that make Pureglas not just a storage solution but a conscious choice for those who believe in the magic of growing their own food. Embrace the synergy of green living and gardening with La gourmet Pureglas - a celebration of sustainability, freshness, and sophistication in the kitchen.

SOIL is the NEW GOLD

Growing up, we just take soil we tread on for granted. It has always been there and we never consciously give it a deeper look or thought.

In my journey as an adult I was exposed to learn that soil degradation is very serious. Do I just pass it by? As the problem is phenomena, '***No, I can't.***' So with my La gourmet® team we all agree that we will take "baby steps" to create awareness on the importance of soil.



Soil provides a host of crucial services for both people and the planet. Soil is the beginning… if there is no soil - there is no food - there is no humans.



Soil anchor roots, hold water and store nutrients

Soil plays a vital role in the Earth's ecosystem and is essential to human life

Soil plays a crucial role in the fight against climate change

Yes soil is our life support system

Soil are home to earthworms and micro-organisms

It purifies and filters our water

Soil plays an irreplaceable role in preserving health of humans and the global biosphere



Soil stores carbon undergrown in a stable environmentally friendly way.

However when soil becomes damaged or degraded, it can release CO^2 or methane back into the atmosphere, thereby accelerating the impact of climate change.

This is why the way in which we use land for agriculture is so important. By switching from intensive farming methods to organic ones, we could dramatically change the emission profile of the land.

Soil is a vital stock cupboard not just for carbon but for food we depend on. When we are aware of the many ways in which soil helps to support life on Earth, it is alarming to discover how damaged the Earth's soil has become! Report by the European Commission estimates that between 60 and 70 percent of Earth's soil are unhealthy!

Multiple human-made threats like deforestation, urbanization agricultural intensification, soil compaction, acidification, salinization, pollution, wildfires and soil erosion are great culprits. All these pose a major threat to global food security.



Another wake up call is the fact that high quality fertile soils cannot be quickly replaced - **it takes 100 years to build** just half a centimeter of healthy soil.

Thus, we in La gourmet® wish to shout out loud to raise awareness on the risk and importance of soil.



WHAT CAN WE DO?

Let us start by loving the natural soil, use only organic soil in our garden. Call on all housing estates to go organic veggie growing. Let us build a **"awareness community"** to use organic soil for our fruits and veggie gardening.

Realize this if there is no soil but sand in 30 to 50 years, we will all suffer from famine. War will start to fight for soil cultivable land. Mass migration will disrupt world peace.

So let us start by treasuring soil as the "New Gold" for without soil, all the gold we have cannot buy us food. We will all starve, suffer and die.

Let us create greater Soil Consciousness, the "New Gold" that we should treasure, preserve and nurture right from our backyard.



Collectively our community can do so much more! Let us call all housing estate and developers to create awareness to grow organic veggie/fruits gardening throughout the country and the region. Collectively our baby steps will start a huge circle that can impact the preservation of the New Gold - SOIL which in turn will reduce our carbon footprint and help to tamper climatic change in the world.

So let us join together hand in hand to play our crucial role, for you and us can create the impact so needed to preserve soil with all its bio diversities intact.

The first step is to set the community and housing estates in motion to implement organic veggie/fruits gardening within.

We in La gourmet looks forward to **'ACTION'** with your support and involvement.

With Conscious Care,

Jean Yeap

Let's go Green with La gourmet

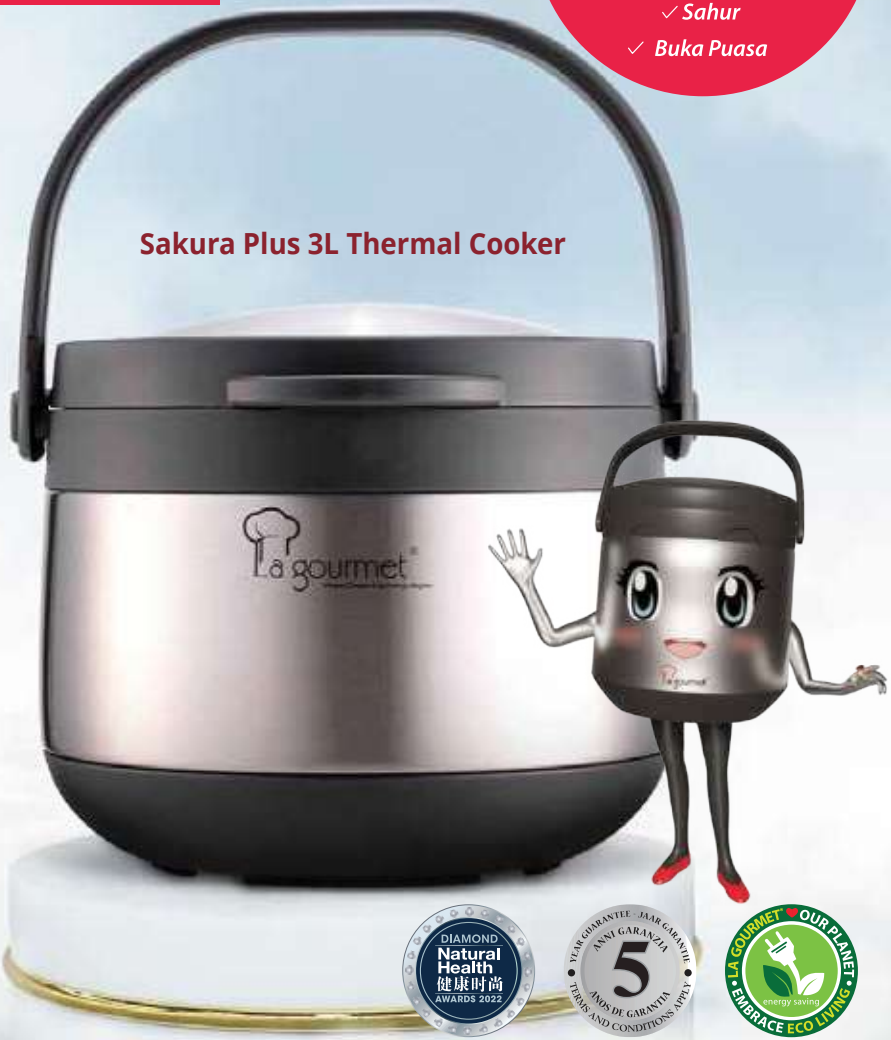
THERMAL COOKER | VACUUM INSULATED

MULTI-FUNCTIONAL POT

Thermal Cooker is a *"MUST HAVE"*

- ✓ *For confinement meal*
- ✓ *Picnic on the go/Camping*
- ✓ *Sahur*
- ✓ *Buka Puasa*

Sakura Plus 3L Thermal Cooker



DIAMOND Natural Health 健康时尚 AWARDS 2022

5 YEAR GUARANTEE · JAAR GARANTIE · ANNI GARANZIA · AÑOS DE GARANTÍA · TERMS AND CONDITIONS APPLY

LA GOURMET ♥ OUR PLANET · EMBRACE ECO LIVING · energy saving

Let's go Green with La gourmet

SAVE ENERGY UP TO 80%

YOUR ECO-BUDDY

PAC2GO
2.35L 3 Tier
Tiffin Carrier

1 YEAR GUARANTEE · 1 JAAR GARANTIE · 1 ANNI GARANZIA · 1 AÑOS DE GARANTIA · TERMS AND CONDITIONS APPLY

DIAMOND Natural Health 健康时尚 AWARDS 2022



Sakura Plus
0.75L Thermal
Cooker Pot

5 YEAR GUARANTEE · 5 JAAR GARANTIE · 5 ANNI GARANZIA · 5 AÑOS DE GARANTIA · TERMS AND CONDITIONS APPLY

LA GOURMET ♥ OUR PLANET · EMBRACE ECO LIVING · energy saving

A BLOOMING BOND

MDM BEH'S JOURNEY FROM TEACHER TO GARDENING ENTHUSIAST

In the quiet town of their retirement, Mdm Beh and her husband, Mr. Lim, found solace in the simple pleasures of life. Nestled in their single-story semi-d home, the couple decided to turn their attention to the untouched garden space that had long been neglected. Having dabbled in planting flowers during Mdm Beh's teaching days, the couple rediscovered their passion for gardening after retirement.

With time on their hands and a shared love for nurturing blooms, the garden flourished under their care. When the children convinced them to move to Kuala Lumpur, their youngest daughter, Rachel, made sure their new home fulfilled a crucial criterion - space for her parents to continue their gardening journey. The once modest garden expanded into a vibrant oasis, adorned with various plants and flowers that brought joy and satisfaction to Mdm Beh and Mr. Lim.

Tragedy struck when Mr. Lim passed away, leaving Mdm Beh to tend to the garden on her own. Undeterred, she found solace in cultivating herbs like pandan leaves, lemongrass, curry leaves, kaffir lime leaves, chilis, and limes. The herb garden became her sanctuary, a place to heal and continue the legacy she and her late husband had built.



As the pandemic swept the world and Rachel found herself working long hours from home, Mdm Beh recognized the toll it took on her daughter's well-being. Encouraging Rachel to take breaks in the garden every few hours, Mdm Beh introduced her to the therapeutic benefits of gardening. Inspired by a Facebook ad promoting a starter pack of Siew Pak Choi, Rachel's curiosity took root, and she soon embraced the world of home gardening.



Monitoring the garden's progress daily, Rachel's newfound passion expanded beyond Siew Pak Choi to include spinach, ladyfingers, eggplants, kangkung, coriander, and more. Seeds were purchased online, and the collection grew with contributions from friends, neighbors, and relatives. Over the course of four years, Mdm Beh and Rachel cultivated a garden boasting nearly 30-40 types of vegetables and herbs.

For Rachel, gardening became more than a hobby - it was a lifeline during challenging times. Not only did it provide moments of respite from the demands of her job, but it also became a shared interest that strengthened the bond between mother and daughter. The garden, once a source of solace for Mdm Beh and Mr. Lim, now stands as a testament to the enduring power of nature to heal, connect, and inspire across generations.

GREEN LIVING TODAY

A Successful Career Woman's Journey into Home Gardening



Vanessa, a thriving career woman, found her passion for home gardening by embracing a practical approach. Despite her hectic schedule, she started her garden with low-maintenance plants, drawing inspiration from her parents' love for growing vegetables. Taking small, manageable steps, she turned gardening into a fulfilling experience.





Reflecting on a specific moment, Vanessa shared how gardening became a therapeutic outlet, calming her mind. Beyond its positive impact on well-being, she gained valuable problem-solving skills applicable in both gardening and everyday life. This journey cultivated patience and sparked creativity, offering continuous inspiration.

Vanessa faced initial challenges by exploring non-native plants like blueberry, ganoderma, and figs. Driven by curiosity, she experimented and developed unique cultivation methods. Accepting failures as part of the process, Vanessa emphasized that gardening is more about persistence than having a "green fingers".



For Vanessa, gardening evolved into a calming escape from her entrepreneurial life. In the early morning, the therapeutic routine of watering plants, listening to birds, and observing the growth cycle brought simple joy. Witnessing plants thrive and bear fruit, coupled with the soothing effects of the soil, made her daily 30-minute garden time a refreshing and essential break.

Vanessa offers practical advice for readers hesitant to start small-scale gardening. Her suggestion is to begin with beginner-friendly veggies like okra, kangkung, or long beans. Potted plants make handling easier on a small scale. To overcome initial challenges, seek advice from local nurseries and consider joining online gardening groups like Facebook for valuable tips and support.





FROM WASTE TO WONDER

Growing Green with Recycled Innovation

Did you know Malaysia generates a staggering amount of waste, with a significant percentage ending up in landfills? The urgency to tackle this environmental crisis is now. Embrace upcycling to creatively repurpose discarded items like pallets and tires. By doing so, not only do we reduce waste, but we also breathe new life into useful products. Join the urgent green growth movement to save our planet. Let's transform waste into wonder, one recycled creation at a time.



Pallet Gardening

Lay the pallet flat, fill it with soil, and plant vegetables or trailing plants in the openings. This allows for a diverse range of plants while utilizing the horizontal space effectively.



Vertical Bottle Tower

Stack bottles vertically, connecting them through their openings. Fill each with soil and plant compact crops like strawberries or herbs. This vertical tower maximizes space and looks visually appealing.



Recycled tires for an eco-chic touch

Lay the tire horizontally, fill it with nutrient-rich soil, and plant your favorite veggies or flowers in the grooves. This clever use of tires maximizes planting space and adds a unique touch to your garden.



Egg Carton Seed Starters

Reuse cardboard egg cartons as seed starters. Fill each compartment with potting soil and plant seeds. Once the seedlings are ready, transplant them into your garden or larger pot

Tin Can Planters

Upcycle tin cans by painting and decorating them. Fill each can with soil and plant small herbs these charming planters add a touch of creativity to your garden.





DIY Cookware Planters

Repurpose old cookware by filling it with nutrient-rich soil, sow coriander seeds evenly, and cover with a thin layer of soil. Water regularly, placing the cookware in a sunny spot. Soon, your old cookware will yield fresh coriander, adding sustainability to your culinary efforts.



GARDENING MATTERS

Home gardening has garnered significant attention and popularity due to a confluence of factors. Firstly, it offers a direct and tangible connection to nature, allowing individuals to reconnect with the earth and foster a deeper appreciation for the environment. Additionally, the burgeoning interest in sustainability has propelled the rise of home gardening as it empowers people to cultivate their produce, thereby reducing reliance on mass-produced, often transported, and heavily packaged food items. Moreover, the allure of harvesting fresh, organic produce right from one's backyard not only ensures a more nutritious and flavorful diet but also presents an opportunity for individuals to actively engage in a healthier lifestyle. This resurgence in cultivating one's green space further extends to the mental and emotional realm, offering a therapeutic outlet and a sense of accomplishment as people witness the fruits of their labor flourish. It's also a great way to teach children about nature and healthy eating habits from an early age.



Beyond the individual benefits, the recent surge in interest in home gardening also aligns with broader societal trends. Increased awareness about the importance of reducing carbon footprints & mitigating environmental degradation has led many to seek more sustainable lifestyles. Home gardening, by promoting locally grown produce, minimizes the environmental impact associated with transportation and industrial farming practices. Moreover, the COVID-19 pandemic acted as a catalyst, prompting a renewed focus on self-sufficiency and resilience. Lockdowns and disruptions in supply chains highlighted the vulnerabilities of relying solely on commercial sources for food, prompting individuals to turn to home gardening as a means of ensuring a more stable and secure food supply. This resurgence also fosters a sense of community as enthusiasts share knowledge, seeds, and surplus produce, creating networks of support and camaraderie. Overall, these multifaceted reasons underscore why home gardening has not only gained traction but has become a significant and enduring trend in modern society.

ENVIRONMENTAL BENEFITS & UPCYCLING



Home gardening stands as a champion of environmental sustainability by fostering practices that promote biodiversity, reduce carbon footprints, and mitigate waste through upcycling. Through the cultivation of organic produce at home, individuals actively contribute to reducing the reliance on industrialized agriculture, thus minimizing the carbon emissions associated with transportation and the use of synthetic pesticides. Additionally, home gardens act as mini ecosystems, attracting diverse pollinators and beneficial insects, thereby enhancing local biodiversity.

Furthermore, the concept of upcycling within home gardening becomes evident through practices like composting, which transforms organic waste into nutrient-rich soil amendments, closing the loop of resource consumption and waste generation. Ultimately, home gardening exemplifies a sustainable lifestyle by intertwining the principles of environmental conservation, resourcefulness, and responsible consumption.



Reusing old pots and tumblers for gardening is a fantastic way to give them a new purpose. Rather than discarding them, repurpose these items to create homes for new plants, reducing waste and adding a touch of creativity to your garden.

Repurposing tumblers for gardening presents several benefits. These include environmental consciousness by reducing waste through upcycling, cost-effectiveness by utilizing existing items for a new purpose, and versatility as tumblers can be transformed into convenient containers for growing various plants, herbs, or even small vegetables. Moreover, it's an engaging and creative way to encourage customers to participate in sustainable practices by repurposing items they might otherwise discard, showcasing both innovation and eco-friendliness. Additionally, tumblers, with their durability and portability, offer a practical solution for gardening in limited spaces, such as balconies or small outdoor areas, enabling people to cultivate plants even in restricted environments.

THE ROLE OF HOME GARDENING IN FOOD SECURITY & EMPOWERMENT



In a world where the stability of our food systems is increasingly under scrutiny, home gardening emerges as a powerful and accessible solution to promote food security, self-sufficiency, and a profound sense of empowerment. Home gardening plays a pivotal role in reshaping our relationship with food and the environment.



Food Security

Home gardening becomes a beacon of resilience in the face of uncertainties. By cultivating our own produce, we bridge the gap between farm and table, ensuring a direct and reliable source of fresh, nutritious food. In times of supply chain disruptions or unforeseen challenges, home gardens stand as a robust pillar of food security.



Access to Fresh, Nutrient-Rich Produce

The journey from garden to plate is not just a metaphorical one; it's a tangible reality in home gardening. The proximity of the garden to the kitchen ensures that the fruits of your labor are not only fresh but also brimming with essential nutrients.



Self-Sufficiency and Empowerment

The act of tending to a garden fosters a profound sense of self-sufficiency and empowerment. Home gardeners become architects of their own sustenance, reducing reliance on external sources. This newfound independence is a source of pride and confidence, empowering individuals and communities to take charge of their well-being.



In sync with the ethos of home gardening, La gourmet's commitment to going green and conserving energy aligns seamlessly. Some of the examples include La gourmet Pureglas collection & thermal bottles, designed to be eco-friendly, reflects a shared dedication to sustainability. By choosing La gourmet, not only do you enhance the freshness and longevity of your garden harvest, but you also contribute to a larger movement towards a greener, more sustainable future.

Embrace the power of your garden to nourish not just your body but also your sense of self and community. Join hands with La gourmet in cultivating a future where the act of growing your own food becomes a cornerstone of a resilient and empowered society.

FROM GARDEN TO GOURMET

Unveiling the Superior Quality and Taste of Homegrown Bounty

In the pursuit of flavors and unparalleled quality, the journey begins right in your backyard. Homegrown fruits and vegetables provides authentic taste and freshness, with better nutrients than those bought in supermarkets.

1. **Nurturing the Soil:**
   The journey to exceptional taste begins with the soil. Home gardeners have the autonomy to enrich their soil with organic matter, fostering a nutrient-dense environment that lays the foundation for robust and flavorful crops unlike mass-produced counterparts.



Photo by Kuan Chee Choun / TheStar

2. **Personalized Cultivation Practices:**
   Home gardeners have the flexibility to tailor cultivation practices to the specific needs of each plant. From ideal watering schedules to optimal sunlight exposure where it is abundant in Malaysia. Home gardening yields fruits and vegetables that are distinctively superior in taste and nutrients.



Photo by Zarah Mokhlis / TheStar

3. **Absence of Harmful Pesticides:**
   Unlike industrial agriculture, where mass production often relies on synthetic chemicals, home gardeners can adopt organic and natural pest control methods. Once harvested from your backyard or balcony, La gourmet Pureglas with its airtight seal, ensures that the untainted flavors of your harvest are enjoyed at their peak.

Savor the superior delights of garden-to-table freshness, and let La gourmet be the vessel that maintains the integrity of your homegrown harvest. Let us ensure each bite is a celebration of nature's finest offerings, with love right from your backyard or balcony.

Reference:

- *https://www.thestar.com.my/lifestyle/living/2022/10/07/malaysian-woman-saves-about-rm500-a-year-by-planting-greens-in-her-garden*
- *https://www.thestar.com.my/lifestyle/living/2020/12/11/avid-malaysian-home-gardener-says-natural-methods-and-ingredients-work-best-for-plants*

SAVING MONEY

Home gardening offers significant savings on groceries by providing a direct source of fresh produce, thereby reducing reliance on store-bought items. To optimize cost-effective homegrown produce, consider these tips:

Seed Saving
Save seeds from your existing produce to plant in the next growing season, eliminating the need to buy new seeds each year.



Composting
Create nutrient-rich compost using kitchen scraps and yard waste, eliminating the need for store-bought fertilizers.



Companion Planting
Pairing plants that benefit each other can improve growth and reduce the need for pesticides or fertilizers, saving money on additional gardening products.



Choosing Low-Maintenance Varieties
Opt for low-maintenance and high-yield plant varieties that suit your climate and soil, reducing the need for costly care or specialized equipment.



Vertical Gardening
Utilize vertical space efficiently by growing climbing plants or using hanging baskets, maximizing the yield without expanding the garden's footprint.

By incorporating these strategies, home gardeners can enjoy a bountiful harvest while significantly cutting down on grocery expenses.

EDUCATION & BONDING



AMONG PEERS (FAMILY, FRIENDS, COLLEAGUES ETC)

Home gardening is a fantastic way to emphasize the importance of education! You can highlight how it teaches about plant life cycles, ecosystems, and sustainability. As for bonding, gardening fosters teamwork and communication among peers while creating shared experiences and memories.

EDUCATION

Botany Basics
Home gardening teaches about plant growth stages, photosynthesis, soil health, and the role of nutrients, offering practical lessons in biology and environmental science.

Ecosystem Understanding
Exploring the interdependence of plants, insects, and other organisms in the garden ecosystem can illustrate broader ecological concepts.

Sustainability Lessons
Gardening showcases the importance of sustainable practices like composting, water conservation, and organic gardening, educating about responsible environmental stewardship.

BONDING

Family Time
Gardening provides opportunities for families to work together, fostering a sense of cooperation and shared responsibility.

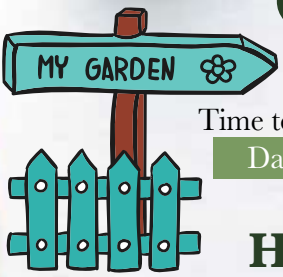
Friendship Cultivation
Friends can bond while exchanging gardening tips, sharing experiences, and even trading seeds or plants, strengthening their connection through mutual interests.

Colleague Collaboration
Gardening initiatives at work encourage teamwork, break the ice, and create a positive work environment by fostering camaraderie and collaboration beyond professional tasks.

Overall, home gardening serves as a hands-on educational tool while creating spaces for people to connect, learn from each other, and cultivate relationships.

NURTURING LIFE, ONE GARDEN AT A TIME

GARDEN OF THE SOUL



GARDEN LOVERS

Time to Shine! Let's Snap, Share & Win!

Date: 1st March - 30th April 2024

HOW TO ENTER

STEP 1
Capture your lovely garden with veggie photos

STEP 2
Share on Instagram / Facebook with caption

STEP 3
Hashtag *#Lagourmetmy* & *#Homegardening*

Winner Announcement

Find out the results on 5th April 2023 on La gourmet's social media.

lagourmetmy



KATRIN BJ ORGANIC GARDENING PROJECT



Before









Turmeric Plant



Lemongrass



Kaffir Lime Tree



Curry Tree



Banana Tree



Lime Tree



Chilli Tree



La gourmet®

Harvesting Wellness

From Garden to Plate