



**YOUR
RELIABLE
ORGANIC
PARTNER**



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Knowing Your Organic Food

It has been 9 months since I become a father for the second time. I must say that nurturing the little one hasn't been an easy task even for the "experienced" father like me. It was when the little one turned 6 months, we started to feed her with food like other parents. Choosing food can be difficult since there are a lot of things she still can't eat like honey, bread and etc, traditional advice suggests starting from something easier to digest and safe to eat. To me, fresh is important since it provides the most phytonutrients. Hence, vegetables like potato, sweet potato, carrots, pumpkin, broccoli and parsnip have been the staple diet of my little one. Knowing the organic farmers and handlers involved in producing these vegetables, I definitely feel safer and emotionally connected to what she consumes.

I think other parents may share the same feeling as I do, we all want to know the people who produce our kids' food and we always give the best food available to our kids. That was the reason which triggered Zenxin to start Zenxin Travel and Zenxin Sincere Food Trail where we bring our friends to see how our organic farmers put in their efforts to ensure their organic produce is high quality and safe for consumption. Because of a very tight schedule, we only managed to do the trip twice this year for our Sincere Food Trail to Cameron Highland and Ipoh. If you are interested, we will have an upcoming tour on November.

Besides this, do check out our upcoming Zenxin Healthier You campaign where we aim to feature activities within all our stores and highlight a lot of new organic products such as Polish organic blueberries, the new season's organic parsnips, a new flavour of Simply Natural organic noodles, organic teas - tropical wonders and bitter gourd turmeric tea for diabetics, dehydrated nuts, organic spices and etc. Zenxin has setup its own organic R&D office and has been launching a lot of new products. We would definitely want to hear more from you about what you wish to see in our Zenxin and Simply Natural range. Do feedback to us via email or just simply tell our colleagues in the shops and the supermarkets.

Hope to see you soon in our organic shops, our Zenxin organic park or our Zenxin Sincere Food Trail.

Organically yours,

Sengyee,

the team leader of Zenxin organic food

Connect WITH US

We have launched another communication platform (WhatsApp Business) that will not only allow you to get exclusive offers and promotions instantly, we can also notify you about our products, events and etc in real-time!



Save us as a contact:

Singapore: +6581429299

Malaysia: +6012-3708299



Whatsapp us:

Your name_Location_Your feedback

example: Fatimah_Singapore_Feedback

or

example: Fatimah_Johor_Feedback

**For customers from Malaysia, please state which part of Malaysia you are from.*



**The admin(s) will reply
you within 24 hours**



**FANTASTIC
PLATFORM!**

Soil: The Foundation of Agriculture

Healthy soil is the basis of healthy plants and a healthy environment.



The rapidly growing population is driving for more efficient ways to produce more foods. As a result of that, an excessive amount of chemical fertilizers, weedicides, fungicides, and pesticides are used in conventional farming to meet the demands.

However, This has resulted in the depletion and damage of top soils and has caused permanent harm to our farmland. The cost of farming may be lower, but the environmental cost is incomparably high and the consequence is irreversible.

The Prince of Wales warned that eco-friendly practices may be our only hope of reversing the drastic damage being caused to the environment, which could see large swathes of farmland destroyed forever within sixty harvests. He has been practicing organic farming since the 80s. He describes the impact of chemical fertilizers and pesticides as devastating and equivalent to using excessive antibiotics in the stomach.

While the fact is rather depressing, scientists suggests that organic farming is a possible to the soil issue.



Organic soil is rich in humus, the end result of decaying materials such as leaves, grass clippings and compost. It holds moisture, but drains well. It has plenty of minerals essential for vigorous plant growth. It is alive with living organisms, from earthworms to fungi and bacteria, that help maintain the quality of the soil.



In our Ipoh sweet potato farm, we see how amazing organic farming is in transforming a dry and hot sandy land to a land that is blessed with tons of organic sweet potatoes every year.



Get to know about the SOIL:



1. CLAY SOIL

The resulting soil is quite sticky since there is not much space between the mineral particles, and it does not drain well at all. Soil that consists of over 50 percent clay particles is referred to as “heavy clay.”

Disadvantage of Clay Soil:

Compacts easily, making it difficult for plant roots to grow

How Organic farming Improving Clay Soil?

We add a lot of organic matter (Grass clippings without treated with chemicals, shredded leaves, rotted manure, and compost are all perfect choices). The soil structure will continue to improve as microorganisms in the soil work to break down all of the organic matter we’ve added.

2. LOAM SOIL (*Mixed Soil for Farming*)

A mixture of sand, silt and clay that are combined to avoid the negative effects of each type. These soils are fertile, easy to work with and provide good drainage.

Disadvantage:

As the soils are normally a perfect balance of soil particles, they are considered to be a gardener’s best friend.

How to improve with organic farming?

Rich, dark and heavy loam soils are the envy of gardeners with poor, dry sandy or chalky ground. A high proportion of clay particles in soil makes it heavy and hard to dig. Adding organic matters, opens up the soil structure, making it easier for roots to penetrate and for water to drain away. Organic matter also adds nutrients and beneficial micro-organisms to soil. break down all of the organic matter you’ve added.

3. SANDY SOIL

Light, warm, dry and tend to be acidic and low in nutrients. Sandy soils are often known as light soils due to their high proportion of sand and little clay (clay weighs more than sand). Quick water drainage and are easy to work with.

Disadvantage:

Nutrient-poor since water and nutrients rapidly drain through the large spaces between the particles of sand. These soils also tend to be low in beneficial microbes and organic matter that plants thrive on.

How to improve with organic farming?

By increasing organic matter in the soil, it will improve nutrient holding and water capacity by binding loose soil together.

4. PEAT SOIL

Very rarely found in a garden and often imported into a garden to provide an optimum soil base for planting. It has several important characteristics that gardeners need, such as high absorbency, sterile material, acidic ph features, compaction prevention properties, and more.

Why Organic farming use peat soil?

Peat is based on organically decomposed matter of mostly plant origin. At Zenxin, peat is the main component of the seedlings growing media in the farm and also allowed for transplant production in organic nurseries.

Food FARMacy:

Food as Medicine?

Food FARMacy: Begins from nurturing the soil health to grow healthier food that feeds healthier people to create healthier planet.

We believe that fresh organic food can be the medicine to improve and support good health. Food FARMacy is our new approach to introduce the benefits of this to our customers.

To begin our efforts to produce healthier food we start by nourishing the soil with organic matter.

This produces healthier plants which we harvest, offer for sale and incorporate in our products. We maintain firmly that organic farming preserves the environment and provides a cleaner and healthier planet for future generation.



1. Organic Handmade Noodle

Bringing you the latest premium look of our noodles to you! We have given our noodles a brand-new look with detailed highlights and information on the label, as an effort to make sure our customers are well informed about our noodles. Simply Natural Organic Handmade Noodles are made from high quality unbleached plain flour and 20% organic fresh Vegetable puree. Simply a quick way to get a nutritional boost from fresh Vegetable puree in just 5 mins. Absolutely free from artificial colourings & flavouring, is noodle range is made with a 50 year-old noodle making technique combined with careful scientific study.

Simply Natural Organic Handmade Pan Mee Series is made from high quality unbleached plain flour with 20% of Organic Fresh Vegetables Puree. Simply delicious and easy to cook. Produced in a NASAA & MESTI certified facility, these pan mee are absolutely free from additives, artificial colouring & flavouring. Make a nutrition full meal with our delicious Vegetable pan mee with your favourite soup or with gravy and ready to be enjoy with family.



2. Organic Pan Mee

Popularly known as the 'Champagne of Teas', Simply Natural Happy Valley Darjeeling Tea is grown biodynamically in Happy Valley Tea Estate situated 2000m above sea level in a district called Darjeeling of West Bengal, India. The cool, moist climate, soil, rainfall and the sloping terrains all combine to give this black tea its unique musky-sweet taste. The finest organic tea leaves are carefully hand-picked in Spring. The resulting brew is a light golden colour with a floral, aromatic fragrance which may be enjoyed at breakfast or traditional afternoon tea.



3. Organic Happy Valley Darjeeling Tea



4. Organic Lakadong Turmeric Series

- Organic Lakadong Turmeric Tea
- Organic Mulberry Leaf with Turmeric Tea
- Organic Handmade Turmeric Noodle
- Organic Handmade Turmeric Mee Sua
- Organic Lakadong Turmeric Powder
- Premium Grade Organic Coarse - Cut Lakadong Turmeric

Sourced from the 'land of spice', India, our lakadong turmeric series contains the finest turmeric variety that is grown using organic agricultural methods in Darjeeling. Absolutely free from artificial coloring, our lakadong turmeric contains the highest curcumin level (6- 7%) of all turmeric varieties in market. This gives our turmeric its robust aroma, beautiful bright color & renowned healing properties. Used as a staple spice in Indian cuisine, this golden spice has been used for centuries to treat infections and to fight diseases.

- Organic Bitter Gourd Tea
- Organic Bitter Gourd Tea with 'Lakadong' Turmeric
- Organic Mulberry Leaf Tea with Bitter Gourd

Bitter Gourd fruit and leaves are well known for their ability to help balance healthy blood sugar levels. The charantin & insulin-like peptides in bitter gourd play an important role in normalizing blood sugar level by regulating glucose metabolism in the body. Its functional property of maintaining healthy blood sugar level is increased when combined with mulberry leaf which contains 1-DNJ, an active compound with antidiabetic properties. Moreover, bitter gourd works synergistically with lakadong turmeric (higher curcumin content) to reduce pain in individuals with joint ailments and also helps maintain normal blood sugar levels. Certified organic by NASAA, this delicious Bitter Gourd Tea Series is grown & processed carefully in Zenxin Organic Park Kluang under NASAA & MESTI facility to produce the finest high-quality teas.



5. Organic Bitter Gourd Tea Series

Restore Your Health with Healing Organic Food

We couldn't agree more with the quote by Hippocrates, the Father of Western Medicine: **'Let food be thy medicine and medicine be thy food'**. There is no doubt that eating wholesome food is the basis of good health and well-being. At Zenxin, we would like to take one step further and advocate the concept of 'Food FARMacy' along with our Healthier You campaign, which will be taking place this coming September. Not only do we make healthy food available for consumers, we also guide them in choosing the right type of food as remedy that heals the body. We made the first step by conducting bi-monthly product training for all outlet personnel to ensure accurate product-related information flow to the consumers.

And very often we hear people with certain health condition in the dilemma: which food to go for. We hear their concerns and here is a sneak-peek of our organic therapeutic gift sets in response, which will be launched during the campaign, each targeting a specific health concern. Comprising a range of food products meticulously selected by our food expert team for the best synergistic effects, they can be the perfect gift of health for you and your loved one.

Healthy Joints



Featuring our organic Lakadong Turmeric series and other products best known for their anti-inflammatory properties, this would be the best gift for arthritis sufferers.

Good Sleep & Relaxation



Those with sleep problems would definitely appreciate this: Not only will it help improving sleep quality, it comprises of mind-calming organic food products that soothe the stress.

Sugar-Friendly



This organic sugar-friendly gift set is the perfect solution for those having high blood sugar bothered by which food to choose without inducing a blood sugar spike.

Anti-aging



Nothing beats this anti-aging gift set, featuring organic products with known anti-aging functions, that help nourishing the body from inside out and delay signs of aging.

MAKING ZENXIN SUSTAINABLE

FROM GROWING TO PACKING

By upholding the 4 principles of organic griculture (Principle of Health, Ecology, Fairness and Care), and implementation of 5R commitments (Reduce, Reuse, Recycle, Replace, Repurpose) as Zenxin's environmental policy, we strive to achieve sustainability for a healthier planet.



REPURPOSING PLASTICS

Zenxin has started to repurpose non-recyclable plastics into "eco-bricks" under Zenxin Eco Wall Projects. We collect non-recyclable plastic bags and 1.5 litre plastic bottles from public areas and housing areas. Then, we repurpose them into eco bricks to make an eco-wall for our nature classroom. It takes a lot of patience and hard work to make each eco-bricks. We need 1000 eco bricks for our ECO HOUSE, that means 400kg of plastic will be repurposed!



COMPOSTING

Compost or black gold is really important in organic farming. We use vegetable waste, fruits, palm fibre and plant foliage from our farm in making compost. We also cultivate our own Indigenous Micro-organisms(IMO) as compost activators to speed up the composting process. The mixture creates a symbiotic food web within the soil. IMO feeds on the decaying material and helps to aerate the soil while retaining the moisture.

Compost helps to recondition the soil. A Nutrient rich soil bed is essential for plants to grow healthily and be more resistant to disease and pest. We can reduce a large volume of trash that goes to landfills if we can compost all our biodegradable waste.



ECO FRIENDLY PACKAGING

We are pleased to announce another of our new efforts to reduce plastic usage, that will be launched in coming October. We are going to have new packaging for our fresh produce, which is more sustainable, but rest assured, the freshness & quality of our fresh produce is not compromised.



1 PLA-LAMINATED PAPER TRAY

Not only that it is compostable, this PLA plastic is derived from renewable resource-corn, making it a more sustainable alternative compared to traditional petroleum-based plastic.

70-80%
PLASTIC
REDUCTION

2 BIODEGRADABLE TAPE

Made from biodegradable film and adhesive, this tape is biodegradable, recyclable and non-toxic to the environment.

65%
PLASTIC
REDUCTION

3 CELLULOSE NET

Certified with 'OK compost' conformity mark by TUV Austria, this cellulose net is 100% compostable under home or industrial composting environment.

95%
PLASTIC
REDUCTION



Scan the QR code to see more about Zenxin's sustainable effort:
<https://zenxin.com.my/about-us/our-sustainable-efforts/>

A HEALTHIER YOU

Prepared: Shaun Tan

“Health and intellect are the two blessings of life”

– Menander, Greek Dramatist, 342 BC –291 BC

Health and intellect are arguably two of the greatest treasures in our lives. But let's take this equation one step further. I want to bring forth the idea that health can be boosted by our intellect and vice versa (without health, how can we continue to gather intellect?).

Therefore, I think it is fitting that we start our journey of intellect by defining the components of today's theme.

From here, we can agree that our goal should be to improve the entirety of our person with regards to physical and mental condition. As a nutritionist, I wish to achieve this goal through food and the key nutrients they contain.

Taking It One Step Further: “You”

Then again, let's talk about what “you” or “I” are made of? How do we improve those components? Let us take a closer look at our bodies. First of all, how is it that we are even able to move about, sit, stand and walk? Perhaps we should start from our bones and joints.

SHAUN TAN

Nutritionist

Working with a variety of products helps him to keep up and continuously innovate new nutrition strategies, adding to his already accumulated wealth of knowledge obtained from his Master of Dietetics and Nutrition at Flinders University Australia. This has also provided him with an opportunity to increase his knowledge and ability to make realistic and correct recommendations to customers.



BRAIN AND NERVES

Our brain is best supported by omega-3 fats, while our nerves work well when we get sufficient potassium and magnesium.

| Nutrients | Sources |
|--------------|--|
| Omega-3 Fats | <u>BEST SOURCES</u> Fatty Fish (E.g. Salmon, Cod, Sardines, Tuna, Mackerel) <u>SECOND BEST</u> Flaxseeds/Linseeds, Chia Seeds and Walnuts |
| Potassium | Bananas, Potatoes, Fruits and Green Leafy Vegetables |
| Magnesium | Dairy, Whole Grains and Nuts |

JOINTS

To keep our joints running smoothly, we need to reduce inflammation. Antioxidants and omega-3 fats are key to achieving this.

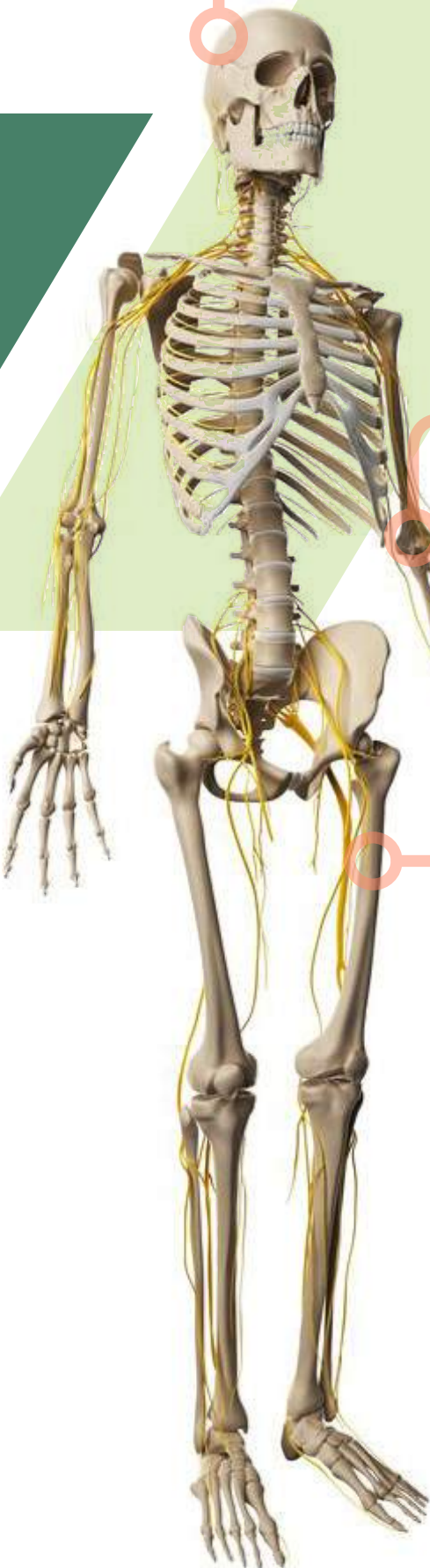
| Nutrients | Sources |
|--------------|--|
| Antioxidants | Varied Vegetables (try different colours!), Beans, Grains, Turmeric and Curcumin |
| Omega-3 Fats | <u>BEST SOURCES</u> Fatty Fish (E.g. Salmon, Cod, Sardines, Tuna, Mackerel) <u>SECOND BEST</u> Flaxseeds/Linseeds, Chia Seeds and Walnuts |

BONES

Calcium, magnesium and vitamin K are necessary for strong bones. Vitamin D increases calcium absorption. Remember to minimise salt intake, which increases urinary output of calcium. Separate consumption of caffeine from that of calcium rich foods, as caffeine can bind to calcium. The table below summarises sources of these important nutrients.

| Nutrients | Sources |
|-----------|--|
| Calcium | <u>BEST SOURCES</u> Cheese, tofu (made using calcium sulfate), Dairy, Sardines with Edible Bones <u>SECOND BEST</u> Brazil Nuts, Unhulled Tahini, Amaranth Grains, Dried Apricots, Figs, Soybeans and Green Vegetables (except for Spinach) |
| Magnesium | Dairy and Nuts |
| Vitamin K | Dark Green Vegetables |
| Vitamin D | Fatty Fish, Egg Yolks and Fortified Foods. Sunlight too! |

As we can thus conclude from here, a “healthier you” indeed begins with the close examination of ourselves and our lifestyles, followed by the modifications of our lifestyle via informed choices. As a nutritionist, I strongly believe this responsibility ultimately lies with ourselves, and would like to encourage all of us to continue on this journey of self-discovery.



Homemade Baby Meals for Healthy Little Foodies Recipes

created by Ziqian



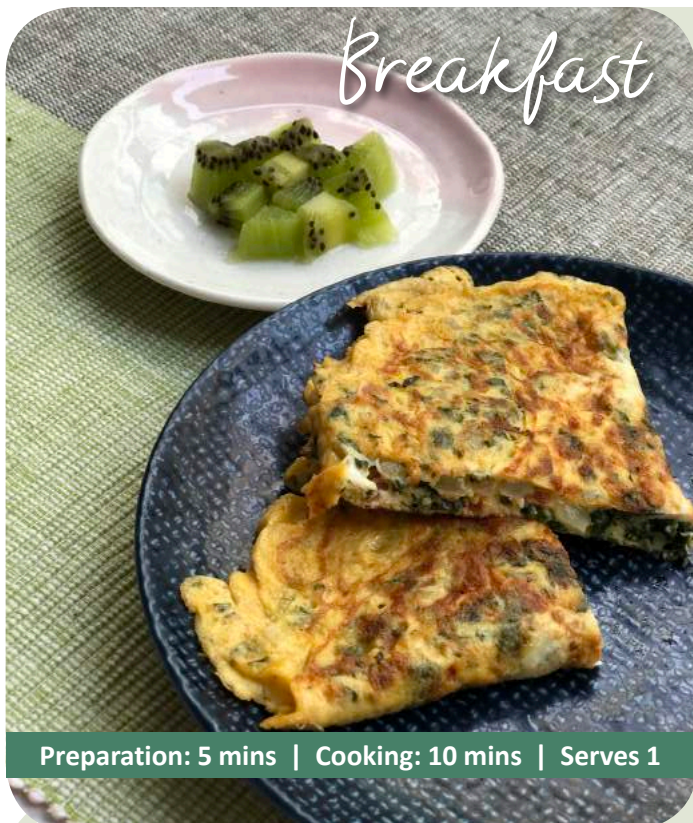
As a working mom, I value the importance of providing meals that are nutritious and well-balanced, yet easy to whip up!

Some of the recipes can even be prepared in batches and frozen, so the next time you need them, you just need to pull them out of the freezer and reheat.

The infant and toddler years are also the best chance to provide an opportunity for your child to evolve his/her palate, so providing a variety of flavours and textures early on can help pave the way to healthy eating in their adult years.

Ziqian is a working mother and blogger who shares her baby's weaning journey and baby recipes. She believes in preparing wholesome and nutritious meals to aid in a child's development.

Instagram: ziq_



KALE CHEESY OMELETTE WITH KIWI

Ingredients:

- 1 tbsp organic onion, finely chopped
- 1/2 organic kale leaf, finely chopped
- 1/4 pcs organic tomato, seeds removed
- 5g cheddar, shredded
- 1 egg
- 1 tsp Simply Nature extra virgin olive oil
- 2 pcs organic kiwi

Method:

1. Steam onion, kale and tomato for 5min.
2. Peel the skin off the tomato. Finely chop the tomato and kale. Add cheese and egg.
3. Heat up some oil in a pan. Pour mixture into pan and wait till egg is 3/4 cooked. Flip half over and wait for about a minute then flip over and cook until egg is fully cooked. Cool and serve with fruit.

Tips:

The fruit can be replaced by mango, apple, pear, blueberries and strawberries, based on what your babies love!

Preparation: 5 mins | Cooking: 10 mins | Serves 1

Nutritionist's thought



Eggs are a perfect start to the day, as they contain a source of energy, protein and a variety of nutrients such as vitamin A, vitamin D, cobalamin, iodine (very important) and iron that a growing child needs. This nutrient dense food is further supported by an attractively colourful range of vegetables, most notably kale. Already nutrient packed, kale contains the iron and folate content a child moving away from breastfeeding would need.

Cheddar is a great addition here, due to the iodine it contains, and the excellent combination of calcium and vitamin D needed for an early and strong formation of bone and teeth.

Steaming and light frying means there is minimal loss of nutrients to heat.



BABY NOODLES SOUP WITH MINCED CHICKEN

Ingredients:

- 150g pork bones
- 1/4 pcs organic white onion
- 1 organic potato, peeled and chunked
- 30g Simply Nature Organic Handmade Baby Thin Noodles (Spinach Flavour)
- 3/4 organic tomato, chunked
- 20g Minced chicken

Method:

1. Par boil pork bones for 5 min then rinse with cool water.
2. Add pork bones, onion, potato and tomato in slow cooker and cook for 2 hours over high heat.
3. Sieve the soup and portion out for baby's meal. You can store the remaining soup in portions in the freezer and use within a month.
4. Add minced chicken into soup and cook for 5min.
5. Add baby noodles and cook for another 5 min.
6. Serve with fruit

Tips:

1. The quantity of baby noodles is based on how much the baby needs for the meal.



Preparation: 5 mins | Cooking :2.5 hours | Serves 1

Nutritionist's thought



Cooking pork bones in soup for a long time leeches out phosphate into the broth which is needed for strong formation of bones and teeth, and is an essential component of the body's building parts in general. Adding to the appeal of this recipe is that the soup contains no added salt and also provides additional hydration.

Cutting and cooking the tomatoes increases lycopene content, which is a potent antioxidant, while slow cooking will minimise destruction of other nutrients. A subtle but effective technique indeed!

Slow-cooked potatoes and tomatoes are soft enough for children moving towards this stage of their diet, but do remember to remove the seeds of the tomatoes. The vitamin C content of tomatoes contributes to a good development of the immune system for our loved ones (natural defence of the human body).

Spinach flavour baby thin noodles is good choices for lunch! It can increase iron and folate content as well as add new colour and mouth-feel!

Dinner

CARROT KALE MILLET PATTY WITH MASHED POTATO & FRUITS

Mashed Potatoes

1 organic potato, peeled and cut quartered.
1/2 tbsp butter
20ml milk (makes 2 portions)

Ingredients:

1/2 cup Simply Nature organic hulled millet
220ml water
1 tsp Simply Nature extra virgin olive oil
2 tbsp organic onion, finely chopped
1 organic carrot, peeled and shredded
1 cup organic kale, finely chopped
1 tsp garlic powder
1 tsp cumin powder
2 tbsp milk
1/2 egg **Method:**

Millet Patties

1. Preheat oven to 180°C
2. Cook millet with water until fluffy about 20 min in a pot over a stovetop or 45min in slow cooker. Set aside.
3. Heat up oil. Fry onion until soft.
4. Add chopped kale and carrots, fry for another 2 min.
5. Add garlic and cumin, pan fried till fragrant.
6. Add the fried mixture to cooked millet. In the same bowl, add milk and egg. Mix well. Shape the mixture into patties and bake for 20min.

Mashed Potatoes

1. Steam the potatoes for 15-20min until soft.
2. Mash the potatoes well, make sure without any chunks with a fork.
3. Add butter and milk. Mix well until you get a creamy mash.
4. Serve hot with Millet Patties and fruits.

Preparation: 15 mins | Cooking: 1 hour
10 patties can be made

Tips:

This recipe with make several patties which you can freeze for later use.

Already a fun idea for children to eat with their families and interact with their food (allow them to use their fingers if necessary), these patties are enhanced with millet as a wholegrain, as well as powerful antioxidants from onions and carrots. Kale and especially carrots also contain Vitamin A, which is very important for proper visual development and protection from UV light.

Eggs and milk are excellent nutrient dense sources of protein and energy for the growing child, but there's a lot more to it. They are also a source of iodine, essential for thyroid gland development, and great for children moving away from breastfeeding.

Milk contains the much needed calcium for bone and teeth development, further enhanced in absorption by vitamin D found in milk and eggs.

Nutritionist's
thought



A very balanced meal plan with the nutritional and sensory needs of a developing child moving away from breastfeeding kept in mind. The use of medium-low heat over a period of times is well thought out, as this minimises the destruction of vitamins by heat. Well done, Mummy!



“Healthier You”
EVENT



@ ZENXIN ORGANIC FOOD



TEA PARTY @ZENXIN ORGANIC PARK

Zenxin team is excited to introduce our now extended Simply Natural tea series of 22 tea types. So what better opportunity to learn about all of them than joining “tea party” at our Zenxin Organic Park?

Moreover, we have exciting activities during this party which are guaranteed to entertain you! You can learn about:

- *The origin & story*
- *The flavours*
- *The drinking methods*
- *The health benefits*
- *& many more!*



OUR LATEST TEA SERIES

- Organic Anise Tea
- Organic Caraway Tea
- Organic Chamomile Tea
- Organic Cinnamon Tea
- Organic Cinnamon and Ginger Tea
- Organic Happy Valley Darjeeling Tea
- Organic Green Tea
- Organic Green Tea with Mint
- Organic Hibiscus Tea
- Organic Lakadong Turmeric Tea
- Organic Marjoram Tea
- Organic Misai Kucing Tea (Cat Whisker)
- Organic Moringa Tea
- Organic Mulberry Leaf Tea
- Organic Mulberry Leaf with Lakadong Turmeric Tea
- Organic Peppermint Tea
- Organic Tilia Tea
- Organic Tulsi Tea
- Organic Mulberry Leaf with Bitter Gourd Tea **NEW**
- Organic Bitter Gourd with Lakadong Turmeric **NEW**
- Organic Bitter Gourd Tea **NEW**
- Organic Tropical Wonders Tea **NEW**

Stay Tuned

For updates on our upcoming tea party @ Zenxin Organic Park, follow us

Facebook: <https://www.facebook.com/ZenxinOrganicPark/>

Instagram: https://www.instagram.com/zenxin_organicpark/

SNEAK PEEK STORY



Did you know our Chamomile Tea from Egypt is involved in the Chamomile Children Project? In this project, children from poor families are given easy work to do in the morning hours for a daily wage, and then study in a community school set up by the very same company for the rest of

the day. The project is officially approved by the Egyptian government and covered by Egyptian law that allows light work for children between 12 and 14, especially in the agricultural sector, if coupled with adequate training and the right working conditions. The children help in the Chamomile field during harvesting, and then learn in a community school designed to stimulate creativity and thinking as a basis for further vocational training such as carpentry and mechanics. It has been an ongoing project for 20 years!

Do come and discover similar stories which make our tea truly unique.



Food Culture



Eco Warrior

**RM68
Only!**



ZENXIN ORGANIC PARK SPECIAL THEME PACKAGES

Include Welcome Drink + Professional Farm Guided Tour + Theme Activities
+ 1 set of Organic Steamboat Meal + Animal Feeding + Souvenirs

Phone No: 07-7595196

Whatsapp No: 019-7738985

Email: zenxinorganicpark@gmail.com

Address: Zenxin Organic Park, 47A & 47B, Batu 9,

Jalan Batu Pahat, 86000 Kluang

Johor, Malaysia

Visit our website: <http://zenxin.com/park/>



Mulberry High Tea



One Day Organic Farmer

ZENXIN ORGANIC FOOD SINGAPORE IS NOW ISO22000:2018 CERTIFIED!

Throughout the years, we have been working hard to upkeep our food standards, Zenxin Agri-Organic Food Pte Ltd is now pleased to announce that we are now ISO22000:2018 certified!

ISO 22000 is the Food Safety Management Systems Certification Scheme that provides assurance to our customers that we have implemented an effective food safety plan and management system.

We will continue working hard to maintain and improve our food safety management so that we can serve you better!



HEALTHIER YOU: A CUSTOMIZED ORGANIC BOX FOR YOUR KIDS!

Eating patterns are learnt at a very young age from one's elders; how much to eat, when to eat, what to eat. Offering a child a wide choice of functional foods of different colours is important for overall health. A well balanced diet promotes better physical health, concentration and alertness are the foundation for mental and emotional well-being. The WHO and the Academy of Nutrition and Dietetics recommend that for the first six months of life, breast milk supplies the most optimal nutrition and health benefits for both child and mother. Introducing a wholegrain porridge made from rice, oat or millet and a variety of nutrient dense puréed cooked fresh vegetables and fruit after this period is key to a "Healthier You".

At Zenxin, we have put together a new "Healthier You" organic box which will be available from 15/9/2019 to 30/9/2019. The original value is more than SGD50, but for this special period you may purchase it for S\$35.00!

It will contain nutrient dense kale, onions for digestive health, lycopene rich tomatoes, carrots, potatoes, alkalising hulled millet, Baby spinach noodles made from organic unbleached wheat flour with 20% organic spinach purée from our own production line and kiwis rich in vitamin C. *(How to cook with all these ingredients for your little one? Refer to Zenxin Recipe in this issue!)*

Plan for a "Healthier You" for you and your family!

Order it online now from us at organicdelivery.sg your trusted organic food delivery platform!



***All pictures shown are for illustration purpose only.*

ANNOUNCING ZENXIN'S OCTOBER TEA PARTY

Date : Saturday 12 th October 2019
Time : 2:30pm to 4pm
Venue : Blk 14, #01-25 Wholesale Centre, Singapore 110014 (Near Haw Pau Villa Mrt)
Fee : SGD10 per pax

The month of October has been designated our "Healthier You" month this year, to reinforce our theme of "Healthier soils grow Healthier Foods to feed Healthier People and create a Healthier Planet"

To celebrate this and the extension of our fantastic organic "Simply Natural" tea series to a total of 22 types, Zenxin will be hosting a special "tea party" in the shop for our beloved customers.

Most of the teas are caffeine-free and have therapeutic properties which are extremely beneficial for health. Some are grown in our own Organic Park, some are imported from North Eastern India, while the majority from Egypt from a company that is sustainably greening the desert.

We would like to take the opportunity to guide you step-by-step through the tea range highlighting their origins, flavours, methods of preparation, health benefits and more. Enjoy the fragrance of our Egyptian chamomile, Happy Valley Darjeeling and Tulsi teas accompanied by "tea biscuits" created by our Masterchef Ceri, to make the afternoon more wonderful.

Drop by for a relaxing afternoon and learn how to hydrate with herbs!





4 DAYS 3 NIGHTS

Depart from Singapore: 27th Nov 2019- 30th Nov 2019

- ADULT**
SGD 450
(Excludes flight ticket)
- Kids 4 - 12 years old**
SGD 380
(Excludes flight ticket)
- Kids below 4 years old**
SGD180
(Excludes flight ticket)

Sign up
for the package with a
group of 8 people
to get a special discount.

Package includes:
3 Nights Accommodations, 9 Meals, Entry
tickets, Farm activities, Travel Group
Accident Insurance, Private driver and
Tour guide allowances, and Organic
souvenir

**Whatsapp to +6581429299 to
get more information**



Cameron Highland:

More than half of Zenxin's contract farmers are located in the Cameron Highlands, but they are the minority in this agricultural region. Our contract farmers will tell you a long story of how they fought for a pure water source and how difficult it was.

Highlight activities:Harvest fresh produce for your next meal! Enjoy steamy steamboat in the fresh mountain air! Visit a strawberry farm, a tea plantation and a mossy forest!



Ipoh-Gopeng:

Free and easy tour around the old town of Ipoh. We will be visiting an organic sweet potato farm. Get your hands dirty and win the freshest produce in the 'Sweet Potato Farmer Challenge'!
An unusual highlight of the tour is a visit to Kampung Orang Asli. The orang asli are a nomadic tribe that still uses 'hunter-gatherer' techniques for survival. Their diet consists of fruit from the jungle, wild yams and fish.
Let's experience their lifestyle together!

Highlight activities:'Farmer Challenge' at an organic sweet potato farm. Enjoy delicious sweet potatoes prepared on the farm for you by the farmers themselves. Visit a traditional soy sauce factory, stay in the farm itself, explore old Ipoh town on foot, enjoy healthy cuisine at Purple Cane Tea House, experience Orang Asli food and handicrafts etc.



Zenxin Travel Pte Ltd is a STB registered travel agent. STB: TA02963 UEN:201023239N
Blk 14 Wholesale Centre #01-25 Singapore 110014
For more enquiries, please WHATSAPP +6581429299 / Email: travel@zenxin.com

OUR FOOTSTEPS



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Opens daily from 8.30am – 7pm

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