

ZENXIN HEALTHIER YOU SPECIAL

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CHOOSE A HEALTHIER FUTURE

Dear Friends of ZENXIN,

The world survived COVID 19 for nine months already. You included.

Like many of you, I have not been able to see my parents, I could not travel to the farms to visit my colleagues, and many things I used to do easily, cannot be done. The fact is that we will have to live with this new normal as there are no concrete ways of dealing with COVID19 yet.

Yet amidst all uncertainty, there is one thing that is for certain the world, you and me included—— can do.

We can do a lot more to keep healthy. We can choose to eat organic, for ourselves and the Earth. We can work on improving well being in big and little ways and spread notes of positivity.

All these years, we at ZENXIN have been pursuing and creating awareness on “The ZENXIN Healthier You Campaign”. This in-house key program has been motivating our colleagues and friends in exploring ways to getting our soil, food, people, and our planet to be healthier every year.

In this fourth edition, made even more meaningful under the COVID19 climate, we encourage focus on making our mind and body healthier to keep our footing in this new world. Through our programs, we walk the journey with you——each and every day——through this pandemic, and emerge healthier for the future.

But how do we get there?

Instead of focusing on negativity, how about positively embracing it all and stepping forward to explore the new possibilities this set of situations has brought us?

You might have noticed that ZENXIN has since started to go LIVE on Facebook, Youtube and Instagram weekly. This segment is proudly presented by ZENXIN 's super ladies: Ceri, Yuphei, Huishi, Moccha, Tongmin and Hari to introduce the power of our organic food, organic park, recipes, cooking tips etc.

To create awareness on our awesome product offerings, we sent out many new product samples to customers. We created cooking competitions to engage you and added more than 50 new recipes in our brand new website www.zenxin.com/sg. Follow us on social media every day, ZENXIN TV bimonthly and ZENXIN Newsletter every once in two months as we share information on our organic lovelies and the wonders they bring to you and your family.

Once you have identified the new opportunities available, resolve to anchor and take root in this new territory. Then, start building.

On this end, we hope our amazing root vegetables inspire you with their unique flavours, sweet potatoes, parsnip, beetroot all of which are very nourishing to your bodies and add on to the good foundation you have built .

If you have found your way, we ask you to spread cheer and goodwill by sharing your experience to empower others. We started it off this way, we empowered ourselves with organic food and took steps to open them up to you.

I am extremely excited to announce our newest find , which is a series of organic super food extracts and nut milks. Never before in Singapore and Malaysia, we will be the first to bring in Siberian Organic Sea Buckthorn Extract, Organic Haskap Berries Extract, Organic Pine Nut Milk etc.

Get creative with these healthy offerings, together with our newly launched Gluten Free Whole Grain Pasta, Chick Pea pasta, organic moist dried apricot, prunes, figs etc.

Consuming plants grown or wild harvested without chemicals can support you greatly in realising a healthier you. As always, we are doing our utmost —— everyday, to fetch you these organic finds from the world. So choose wisely and find yourself finding a healthier future.

Organically yours,

Sengyee, the team leader of ZENXIN Organic



ZENXIN RECEIVED THE “FROST & SULLIVAN ASIA PACIFIC BEST PRACTICES” AWARD

ZENXIN Organic Food's best business practices within Southeast Asia won the hearts of the panel at the “2020 Frost & Sullivan Asia Pacific Best Practices Awards”, claiming itself the “South East Asia Organic Food Industry Customer Value Leadership Award”.

Delivered through a virtual ceremony on 25th August 2020 to 23 award recipients from 6 business segments, Frost & Sullivan 2020 Best Practices Awards honored Asia-Pacific organizations which have displayed excellence and achieved innovative breakthroughs in their industry.

ZENXIN Organic Food has been, for the third year running, received the “Frost & Sullivan Asia Pacific Best Practices” Award.

Analyst at Frost & Sullivan Nidhi Jalani says, ZENXIN is one of Southeast Asia's leading manufacturers, producers and retailers in the organic food sector. She highlighted ZENXIN “as a market player with a strong commitment to maintaining its market leader position”.

“As the trend of natural food gains momentum, ZENXIN has successfully prioritized its regular customers. It has also developed and implemented a robust promotional strategy to expand into diverse customer segments. ZENXIN continues to deploy innovative technologies and maintain high standards of excellence in its operations and services.” Nidhi Jalani adds.

Mr Tai Seng Yee, Executive Director of Zenxin Organic Food, thanked all ZENXIN customers who have shown their support since day one. He also thanked ZENXIN 's wonderful team who would push boundaries to offer the best organic fresh produce and products to customers.

“Over 20 years in organic agricultural business, we are more committed than ever, in our effort to nurture more earth-loving organic farms, to create more healthy treats and to allow these wonderful organic products to impact and inspire the lives of as many people as possible.”

ZENXIN first received the “Frost & Sullivan Best Practices Award” in 2018. Subsequently, ZENXIN won the “Malaysia Organic Food Company of the Year 2019”.

ZENXIN was also awarded Lang International Corporate Titan Award (LICTA) as the “ Best Organic Food Producer 2019”.



ORGANIC NOODLE SERIES

THE JOURNEY OF ORGANIC NOODLE MAKING BEGINS

Orange, yellow, pink, green, off white, even black. You can now name your colours and eat it.

Combining great energy from ZENXIN's organic fresh vegetables and more than 50 years of artisan noodle making expertise, Simply Natural's Handcrafted Organic Noodle is chemical fertilizer and pesticide free.

Proudly handcrafted and handmade individually using premium Australian organic flour and organic fresh produce, these easy to cook handmade noodles are big on nutrition, containing 20% organic fresh vegetable puree, or the highest amount of certified organic vegetable goodness you can find in noodles on the market.

To date, Simply Natural Handcrafted Organic Noodle series has amassed 13 inspiring flavours counting in organic pumpkin, carrot, turmeric, beetroot, spinach, mulberry, quinoa, sweet potato, charcoal amongst others. The Rainbow selection is a joy to have and packs in all the colours so you can literally have your rainbow and eat it.



TEA SERIES

Sometimes, a mindful cup of tea is just what you need to recalibrate.

Perfect for all occasions or for moments of relaxation, Simply Natural's wide variety of organic teas have been given time to fully develop their distinct flavours in their unique growth environment.

Grown without any artificial fertilisers, pesticides and herbicides, the ever growing collection in the Simply Natural Organic Tea Series consists of spice, herb, flower and vegetable tea leaf offerings to refresh your senses and reinvigorate you. For tea lovers, there is a selection of healthful blends targeted at restoring mind and body.

Have no fear at all of pesticide residue on tea leaves, there are also no added colours or flavours ensuring safer daily consumption for all in the family.

With this organic tea series, it's all about what you're not getting. The only time you need to "wash" your tea is when you steep in water!





HERBS & SPICES

Herbs and spices derived from plant parts can be used to enhance the flavour of food. Common herbs are mint, coriander, basil, thyme, oregano, rosemary etc.

Besides giving aromatic deep flavours spicing up your favourite dishes, herbs possess mighty anti-inflammatory properties, and contain antioxidants beneficial to fighting infection.

Simply Natural's Herbs & Spices are sourced directly from the renowned Morarka Foundation Rajasthan, India, Ambootia in Darjeeling and other renown growers across the world. Recognised for their organic farming method of seed spices, Morarka 's spices have enjoyed great acclaim both in domestic as well as international markets.

Simply Natural Herb & Spices are derived from 100% organic ingredients and are absolutely free from artificial additives or preservatives.



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 etc real-time!

KEEP US AS YOUR OWN CONTACT

SINGAPORE:

+65 8142 9299
(Travel products & Events)

+65 6778 7369
(Organic Products information)

MALAYSIA:

+6012 3708 299
(Organic Products information)

+6019 7738 985
(ZENXIN Organic Park, Kluang)

WHATSAPP US

Your Name_Location_
Your feedback or questions.

Example: Fatimah_Singapore_May I know what is the new travel products in year 2020?

Or

Example: Fatimah_Johor_How much the farm tour package at ZENXIN Organic Park?

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

Our Admin will reply you within 24 hours

Presented by:



STEP 01

Embrace & Explore

探索新常态



The only constant in Life is change. Embrace whatever comes forth. Explore the changing world with our high energy organic foods.

世界上唯一不变的，就是改变。以开阔的胸怀拥抱眼前的每一天，您的有机人生，从探索诚兴高能量有机食材开始。

EMBRACE UGLY FOOD

The National Environmental Agency (NEA) estimates the amount of food waste to have increased by 20 per cent over the last 10 years. With Singapore's growing population, food wastage figures are expected to be on an upwards spiral. Besides effort required for collection and disposal, food waste contaminates recyclables and compromises recycling efforts. It may further constitute odour nuisance issues and vermin proliferation with mismanagement.



68.1%
OF CONSUMERS REFUSE
TO BUY UGLY FOOD

Source: NTU



FOOD WASTE INCREASED
20%
IN THE LAST 10 YEARS

Source: NEA



18%
OF FOOD WASTE
IS RECYCLED

Source: NEA

EMBRACE SUSTAINABLE MINDSETS TO PROTECT SUSTAINABLE SOURCES

Learning to embrace ugly food is how we can all chip in to reduce food waste.

We share one planet, one world. The Earth we share —that's you and me, along with our families, friends, colleagues, work partners — it is right here that we build our livelihoods, here's where our visions take shape, and our wildest dreams take flight.

In big and little ways, we can be earth warriors. We do what we can.

Here at ZENXIN, we are committed to do our utmost to reduce waste generated. We are dedicated to this cause because we are first and foremost organic farmers. We run 4 organic farms, support 30 organic small growers in Malaysia and have consolidated a tight network of partners comprising hundreds of organic farms worldwide. Most of our partners are boutique producers who are farming by hand, devoted to nurturing soil, weeding by hands without weedicides, and insisting only on organic fertilizers to minimize pollution.

We love our farmers and their produce; we love it even more that we are the ones to connect you with these wonderful farmers. More so, we are stoked to know that you will be creating healthy nourishing recipes with these awesome organic ingredients for you and your family.

For ZENXIN, the year 2020 has been one filled with lots of big and little breakthroughs as we do our best to continue surprising you with the best organic produce — sourced sustainably the world over, and to have them delivered right to your doorstep.

This is at a time when many countries face unprecedented challenges in almost all sectors of their economy amidst their best efforts to contain the Covid-19 pandemic.

But we do not want to be stopped. We are well aware that our organic produce will bring you the greatest good and we want to surprise you at this time of need.

We do what we can. As best we can.

#ZENXINwithyouforyou



Choose
Quick Sale Box
to get up to **70 % off**

Approximately 3kg or more imperfect and misfit 100% organic mixed fruit and veggies delivered directly to you

**Imperfect categories: too big, too small, some frostbite, cosmetic blemishes, Grade B, broken parts or broken packaging.

SCAN TO PURCHASE



(Singapore)



(Malaysia)

EXCITING
NEW
OFFERINGS
AT ZENXIN

We comb the world's best farms and food producers for the best organic products. Take your tastebuds on a tour with us as we round up our finest new offerings below.



ORGANIC CEYLON CINNAMON POWDER

Do you know that there are approximately 250 varieties of cinnamon worldwide? Simply Natural brings you the best one — Organic Ceylon Cinnamon Powder. Ceylon cinnamon, otherwise recognised as “True Cinnamon” are mostly grown in Sri Lanka and India, these beat the rest in terms of quality and nutritional profile. Moreover, ceylon cinnamon contains the lowest levels of coumarin content, the latter is a natural ingredient which has some negative impact on health. Truly aromatic, it finds its place in almost every savoury dish and sweet desserts. Brew the Organic Ceylon Cinnamon Powder into a hot tea and mix it with a few slices of spicy ginger , then garnish with Organic Pine Nuts, this concoction keeps you energized and fresh.



ORGANIC LAKADONG TURMERIC POWDER

Grown organically in the Land of Spice — India, Simply Natural Organic Lakadong Turmeric is certified organic by NASAA and USDA. They are the finest turmeric variety grown under certified organic farming methods in Darjeeling and the purest and freshest you can get on the market.

Among all turmeric varieties, lakadong turmeric is known to be the best variety with the highest curcumin content. It is the only turmeric variety in the world that has a curcumin level of (6-7%) while average normal curcumin level of turmeric is lesser than 5%. The higher curcumin content of turmeric gives turmeric its robust aroma and golden yellow color.

Freshly ground to ensure quality and the curcumin content to be maintained with no other added ingredient.



ORGANIC MACE

Mace is the outer net — like layer that surrounds the nutmeg seed. ZENXIN organic mace is sourced directly from the Land of Spice, India. Although mace and nutmeg are comparable in flavour, mace has slightly peppery notes and a subtle spicy sweetness, as such they are mostly employed in baking, and in meat and vegetable dishes. Sourced directly at peak freshness and minimally processed without the use of any artificial ingredients or chemicals, Simply Natural Organic Mace packs in irresistible flavour and fragrance. Adding them in cooking aids digestion, mace also has antifungal and anti-depressant properties to protect health.



ORGANIC GLUTEN FREE PASTA

Comes in eight delicious flavours, all Simply Natural Organic Gluten Free Pasta varieties are carefully made in a gluten free facility, making it the perfect choice for those on a gluten-free diet and for picky eaters out there. Each variety is made from 100% organic wholegrain and pulses. Simply Natural Organic Gluten-Free Pasta are so versatile they can be stir-fried, mixed in salad or cooked into pasta soup.



• ORGANIC YERBA MATE TEA

• ORGANIC TOASTED YERBA MATE TEA

Made from the dried leaves of Yerba Mate (Ilex paraguariensis), Simply Natural Organic Yerba Mate tea is exactly what you need if you are trying to quit coffee. Organically grown in Southern Parana in Brazil, the teas come from a region with ideal climatic and soil conditions vital for growing the best tasting and premium quality organic yerba mate teas. Containing three mighty combos of caffeine, theophylline and theobromine, Yerba Mate tea promotes alertness and provides you with long lasting energy without sending you jittery sensations. This brews into a thin-bodied tea, with a mild and faintly bitter taste and slight astringency. While the Organic Yerba mate tea has mild and faintly bitter taste, Toasted Organic Yerba mate has, as the name suggests, gone through slight roasting to give an aromatic smoky aftertaste. However, both are great to be brewed as cold tea, and are not recommended to steep in hot, boiling water.



ORGANIC TURKISH DRIED FRUITS

• ORGANIC DRIED TURKISH APRICOTS

• ORGANIC DRIED PITTED PRUNES

• ORGANIC DRIED SMYRNA FIGS

Grown organically in Turkey, Simply Natural Organic Turkish Dried Fruits are healthier on the go snack if you are looking for one. The fertile soil and unique climate in Izmir, Turkey creates Organic Turkish Dried Fruits that are grown without chemical nasties. Upon harvesting, the delicate fruits are meticulously sun-dried to create soft succulent texture accompanied with natural sweetness. They are delicious whether you eat them right from the packet or add them to recipes. Free from sulphur treatment which results in darker colour dried fruits, sugar, and flavours, Simply Natural Turkish Dried Fruit series can be enjoyed by everyone; from kids to elderly. These gluten free dried fruits are high in fibre and give a quick boost of energy.



ORGANIC TULSI TEA

Tulsi (Ocimum Sanctum), commonly known as Holy Basil or Indian Basil has a history of religious and spiritual significance among Hindus. Sourced directly from India, Simply Natural Organic Tulsi Tea is grown biodynamically without the use of chemical fertilizers. The unique synergy from the crisp mountain air, warm sunlight and pure water from the gurgling streams delivers an exceptional flavour to this Organic Tulsi Tea and retains its therapeutic function. Upon harvesting, the leaves are carefully handpicked, dried and processed with care and attention. Tulsi is well-known for its apoptogenic ability to balance, restore and protect the body internally and externally. Drinking tulsi tea helps relieve stress and headaches, it also serves and to energize the body.

QUINTESSENTIAL EDUCATION FOR KIDS

ZENXIN believes in the power of fun, engaging and meaningful mealtimes.

With our specially designed Organic2Explore Box, let your child experience the joy of growing and cooking vegetables, then enjoying the fruits of their own effort on the dining table!

With growing produce, children can actively explore themes such as soil culture, vegetables, food, local culture, parents can also take the opportunity to educate and teach kids to take care of our environment, and delve into the promise of health, eating mindfully, whilst bonding with children.

Busy Moms and Dads can now open up ZENXIN's Organic2Explore Box, complete with essential guides and tools, and create organic moments with your children.



Inside the Organic Explorer Box, you'll find:

- | The Essentials
- | Activity sheet
- | Education Material
- | Explorer Guide
- | Recipe Cards
- | Collectibles



ORGANIC 2 EXPLORE



AMARANTH BOX

- Explore the Amaranth World.
- Learn how to grow Amaranth, take care of the plant and bring it back home.
- Enjoy a farm-to-table experience with us by cooking 3 Amaranth recipe from the Organic2Explore Box.

RM 38/box

NP: RM 49.90/box

MULBERRY BOX

- Explore the Mulberry World.
- Learn how to make mulberry cookies from mixing and kneading the flour up to shaping and baking.

RM 38/box

NP: RM 49.90/box



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www.zenxin.com/park

STEP 02

Take Root

生根养身



Discovered what works best for you yet?
Take root with these new possibilities.
It's time for new beginnings.

找到最适合您的养生方式了吗？扎根于崭新的可能性，从新出发，迎向健康有机的自己。

TAKE ROOT AT ZENXIN

Experts are now suggesting the healing, gut-friendly properties of root vegetables make them the best foundation for a healthy diet and they should supply as much as 50% of our nutrient intake!

Acting as storage for plant growth, their nutrient dense complex carbohydrates and soluble & insoluble fibre offer us a way to help balance the levels of fat and sugar in our blood and provide food for our gut microbiome, improving gut health and digestion.

Zenxin sources root vegetables from around the world grown in healthy, organic soil to offer ZENXIN's valued customers the best possible unadulterated food source. Enjoy their beneficial sweetness. Make roots from Zenxin the foundation of your healthy lifestyle!

BEETROOT



Zenxin's heart-healthy beetroot has been sourced from Australia, where the temperate climate ensures that the delicious root has the right balance of flavour and sweetness without a predominantly earthy note. Simply Natural certified organic handcrafted noodles, mee sua and baby noodles all contain 20% organic beetroot purée from these exceptional roots.

CERI'S RECOMMENDATION:

Choose smaller beetroot and steam them in their skins to retain all their goodness. Then peel and eat hot or cool and add to salads.

CARROTS



We have several varieties of carrots, sweet, medium sized roots from Australia and large and baby varieties from Thailand. Each thoughtfully brought in to provide essential carotenoids for your juice, your ABC soup and a dainty side to the Sunday roast. The Simply Natural noodle range offers ban mee, mee sua and baby noodles all made with 20% carrot purée.

CERI'S RECOMMENDATION:

Simply Natural carrot noodles (ban mee) are perfect for kids that don't eat carrots.

SWEET POTATOES



Purple and orange sweet potatoes originally from South and Central America have been brought over to S. E. Asia. Zenxin's farm up in Ipoh, Malaysia provides the tasty, orange sweet potatoes while the purple variant is shipped in from Thailand. The Simply Natural noodle range made from both varieties, and mantou, mee sua and baby noodles made from the Malaysian sweet potato.

CERI'S RECOMMENDATION:

Use ZENXIN's orange sweet potatoes from Ipoh and benefit from their excellent fibre, vitamins and minerals.

TURMERIC



Cherished since ancient times for its healing properties, Zenxin's turmeric is sourced from the Lakadong region in India and from Peru. The former has the highest known curcumin content and the latter is grown in the rich, organic soils at the edge of the Amazon jungle. Zenxin has taken these precious roots and created Simply Natural teas using the freeze dried Lakadong turmeric (pure, with bitter gourd and with mulberry leaf), powdered turmeric for Nasi Kuning and ban mee and mee sua noodle from the turmeric purée.

CERI'S RECOMMENDATION:

Simply Natural Mulberry Leaf with Turmeric tea to support the liver and lungs while stimulating the circulation, clearing heat and drying dampness.

TAKE ROOT: 10 HEALTHIEST ROOT VEGETABLES

Root vegetables, though not all roots, are in fact bulbs that grow and thrive underground. These great nutrient stores are fascinating in their own ways and definitely worth exploring when rethinking or designing healthy menus for your loved ones.

Parsnips, carrots, turnips, yams, beetroots,root vegetables are packed with vitamins, minerals, fibre and complex carbohydrates to support the body system.

Truly powerhouses of nutrition, how many types of root vegetables do you know. Each has a distinct set of nutrients and health benefits. We list them ten most common ones here for your reading pleasure.

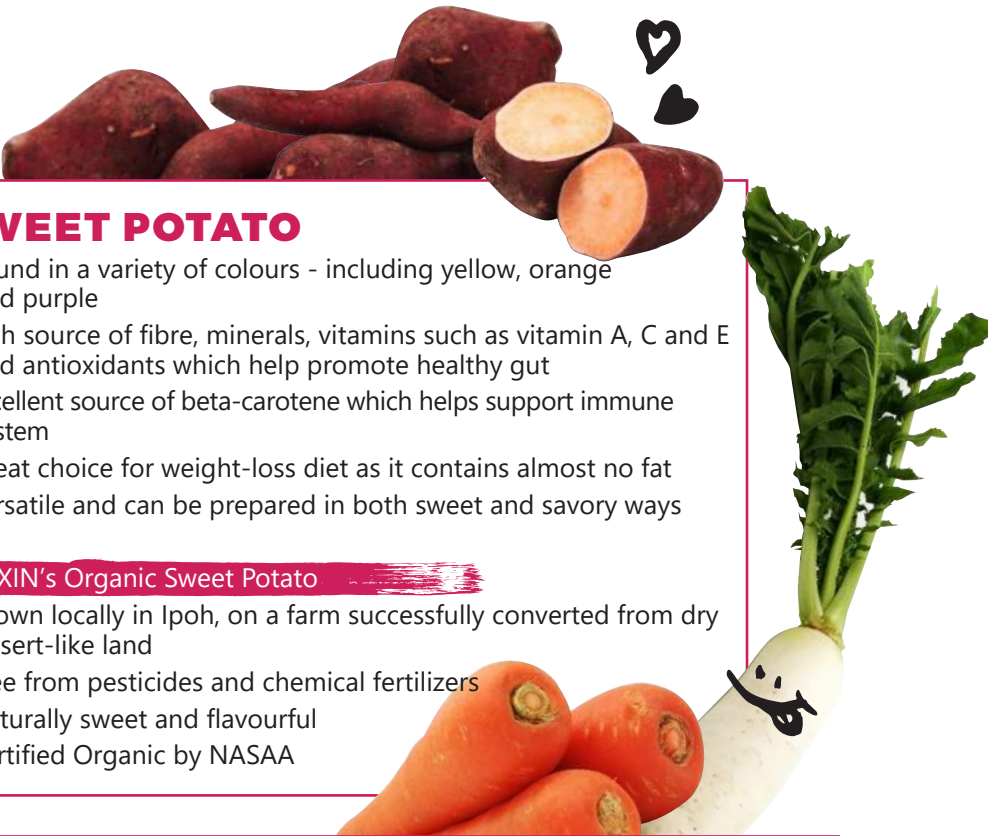


TURMERIC

- A rhizome (root) used as a culinary spice and traditional medicine in Ayurveda
- Warm bitter taste
- Contains Curcumin, a powerful antioxidant which gives its striking yellow color
- Powerful anti-inflammatory effects
- Serves as natural pain reliever
- May also help improve symptoms of depression and arthritis

Simply Natural Lakadong Turmeric

- Robust aroma, vibrant colour and most importantly higher curcumin content (6-7%) compared to the normal variety (<5%) .
- Sourced directly from the Land of Spice, India
- Free from artificial colouring, preservatives and flavouring
- Certified Organic by NASAA & USDA



SWEET POTATO

- Found in a variety of colours - including yellow, orange and purple
- Rich source of fibre, minerals, vitamins such as vitamin A, C and E and antioxidants which help promote healthy gut
- Excellent source of beta-carotene which helps support immune system
- Great choice for weight-loss diet as it contains almost no fat
- Versatile and can be prepared in both sweet and savory ways

ZENXIN's Organic Sweet Potato

- Grown locally in Ipoh, on a farm successfully converted from dry desert-like land
- Free from pesticides and chemical fertilizers
- Naturally sweet and flavourful
- Certified Organic by NASAA

CARROT

- Comes in many colors - including orange, yellow, red, white and purple.
- Crunchy, crisp texture when eaten raw
- Rich in carotenoid, a powerful antioxidant inked to improved immune function
- Powerhouse of Vitamin A - best known for eye health support
- Good source of beta carotene, fibre, vitamin K1, potassium, and antioxidants
- One of the most sugary vegetables in the world

ZENXIN's Organic Carrot

- Organically sourced from Thailand and Australia
- Unique climatic conditions result in flavourful carrots
- Certified Organic by NASAA

WHITE RADISH

- A white root vegetable belonging to the Cruciferous family
- Pleasant, sweet and zesty flavour with a mild bite
- Good source of vitamin C, which helps battle free radicals in your body and helps prevent cell damage
- Good source for anthocyanins to support heart function
- Supports lungs and digestive health
- Can be eaten raw in salad, pickled or in stir fries, soups and stews

ZENXIN's Organic White Radish (aka Daikon Radish)

- Organically grown in Malaysia
- Grown organically in healthier nourished soil
- Free from pesticides and chemical fertilizers
- Certified Organic by NASAA



ONION

- Comes in different colours: yellow, red, brown
- Sweet, sharp and pungent flavour
- Rich in inulin and fructooligosaccharides or FOS, which helps boost immune system and provide fuel for gut bacteria for healthy digestive system
- Contains cancer-fighting properties attributed to the sulphur compounds and flavonoid antioxidants

ZENXIN's Organic Onion

- Organically sourced from Thailand
- Comes in yellow and red varieties
- Free from pesticides and chemical fertilizers
- Certified Organic by NASAA

GARLIC

- A member of Allium genus, and from the onion family
- Rich in allicin, a powerful antioxidant good for heart health
- Possesses antiviral, antimicrobial and antifungal properties
- Intense flavour and widely used as flavouring in cooking
- Can be eaten raw or cooked

ZENXIN's Organic Morado Garlic

- Sourced directly from Spain
- Contains highest amount of allicin in garlic
- Tangy spicy taste when raw; sweet and mellow cooked
- Certified Organic by NASAA



JICAMA (TURNIP)

- Globular shape with papery, golden-brown skin
- Flesh resembles a potato or pear
- Sweet taste and crisp texture
- Low calorie, high in fibre and water
- Good for weight loss

ZENXIN's Organic Jicama

- Organically grown in Malaysia
- Naturally sweet taste, great to eaten raw for crisp texture
- Grown organically in healthier and nourished soil
- Certified Organic by NASAA



POTATO

- A starchy vegetable called tuber, that is the fourth most consumed crop in the world, after rice, wheat and corn
- A good source of vitamin C, B6, manganese, phosphorus, niacin and pantothenic acid
- Can be roasted, baked, steamed or fried
- Need to be stored away from sunlight, as exposure to sunlight will cause the formation of toxic solanine

ZENXIN's Organic Potato

- Organically sourced from Thailand
- Grown naturally with no chemicals and pesticides
- Fluffy texture when cooked
- Certified Organic by NASAA



GINGER

- A rhizome (root) which often associated with Asian cooking, and commonly used in stir-fries
- Spicy, zesty taste
- Contains gingerol, a compound with potent antioxidant and anti-inflammatory properties
- Natural remedy for reducing gas and improving digestion
- Helps relieve nausea

ZENXIN's Organic Ginger

- Grown organically in Peruvian rainforests
- Intense spicier flavour
- Free from pesticides and chemical fertilizers
- Tan skin and pale yellow-green to ivory flesh
- Certified Organic by NASAA



BEETROOT

- Rich in betalain, a powerful antioxidant which gives its intense red colour
- Has naturally occurring nitrates, which helps improve blood flow throughout the body
- Rich in folate and therefore awesome for pregnant women
- Has a history as an aphrodisiac
- Great to be eaten raw, juiced, baked or cooked in soup

ZENXIN's Organic Beetroot

- Sourced directly from Australia
- Less earthy taste yet having a sweeter notes, making it perfect for juicing
- Free from pesticides and chemical fertilizers
- Certified Organic by NASAA

STEP 03

Empower Yourself & Your Loved Ones

疗愈自己和你爱的人



We empower you with the best organic offerings so you can create the life you want. The power is in your hands to make mindful wise choices — for you and your loved ones.

诚兴执着于高能量有机食品，让您紧贴大地韵律，品尝当季时蔬，在家中创作高能量餐点。选择诚兴，选择农人的诚意之作，选择为自己为家人打造丰盛健康的有机人生。

REASONS TO GO ORGANIC FOR BABY

What you choose for your baby is crucial in building his or her health and immunity.

When it comes to selecting baby food, the options are varied and can prove to be overwhelming for the first time parent. One commonly asked question is: is spending on organic food for babies worthwhile?

Our answer is, yes. Here's why.

SUSTAINABLE DEVELOPMENT GOALS



ORGANIC FOOD IS PESTICIDE-FREE

Organic food is grown and processed without chemical pesticides. Prolonged exposure to chemical pesticides can be harmful to human health. Kids or babies are more vulnerable to toxins due to their smaller body size. Choosing to go organic means you are reducing your baby's exposure to pesticide residue, and your little one will thank you for safeguarding his or her health with this measure.

ORGANIC FOOD IS TASTIER

Most people would agree that organic foods taste better. Some food experts give credit to the soil care practised by organic farmers. Strong nourishment of the soil leads to well-nourished plants with high nutritional content and optimal flavour. We are proud to have customers coming back for repeat orders, complimenting our organic food offerings. Feeding your baby cleaner organic food also helps them appreciate the natural flavours of food.

ORGANIC FOOD IS KINDER TO THE PLANET

Organic food is a result of sustainable farming, which causes less pollution to our environment. Choosing organic food is an environmentally responsible choice, and directly works at protecting the planet for our future generations. Studies have shown that organic agriculture can contribute to 8 of the 17 United Nations Sustainable Development Goals (SDGs) attributed to the positive and unarmful effects of organic farming.

ORGANIC FOOD HAS NO ARTIFICIAL NASTIES

Organic food is subjected to stringent regulation before it can be labelled as organic to ensure that they contain no chemical pesticides, antibiotics, hormones and artificial additives. If you choose organic, your baby will only get all the goodness naturally present in the food.

ORGANIC FOOD IS NON-GMO

Organic food is non-genetically modified. While the safety of GMO foods remains debatable, choosing organic food for your baby ensures that they are protected from genetically modified substances.

At ZENXIN, we have a variety of organic products that give babies and children great nutrition, such as our range of organic fresh produce, Organic Baby Noodles, Organic Dried Turkish Fruits, to kickstart baby's first food journey and to build their health.

8 DIET & NUTRITION TIPS FOR WOMEN

Follow these tips for a healthier body line and reduce premature skin aging:



1 Choose wholegrains

Whole grains offer more nutrients than refined grains, as they consist of fibre, B vitamins, iron, antioxidants and phytochemicals, all of which are extremely important for women's health.

Eg. of whole grains: Brown rice, Quinoa, Millet, Oat, Whole-wheat products



3 Reduce sugar-sweetened beverage intake

Adequate hydration helps flush waste and toxins out of the body. Avoid sugary drinks like soda, sweetened fruit juice, tea or coffee as excessive sugar intake will not only cause weight gain, but might also trigger acne breakout.

Eg. Teas, Herbal tisanes, Fruit-infused water



5 Snack on sugar & trans-fat-free foods

Most women love snacking but beware of hidden sugar and trans-fat in your favourite snacks! Chips, cookies, biscuits can be loaded with sugar and unhealthy fats especially trans-fat. Indulge in healthier options that give you extra nutrients, fibre and healthy fats!

Eg. Unsweetened dried fruits, Nuts, Seeds, Baked Fruits/Veggie Chips



7 Eat 5 colours of fresh produce a day

Eating five servings of fruits and vegetables ensures optimum health. Adding more colours to your plate ensures you get all the essential vitamins, minerals and antioxidants. Antioxidants from different colour groups seem to perform different health benefits and fight against diseases like heart disease, cancer and infections.

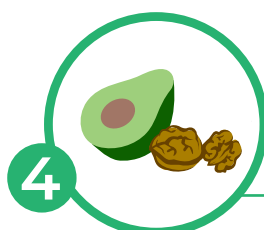
Eg. All fresh produce in Red, Orange/Yellow, Green, Blue/Purple and White/Brown color



2 Go for plant-based protein or lean protein

Eating adequate protein helps build muscles. Choosing plant-based protein ensures that you get less saturated fat, cholesterol and calorie, which helps in weight management and reduced risk of heart disease.

Eg. Soybeans, Legumes & lentils, Quinoa, White-fleshed fish, Skinless white meat poultry, Low fat/ Skimmed milk



4 Take adequate essential fats

Essential fats such as omega-3 and 6 are fats that cannot be produced by our body and must be obtained from our diet. They are essential for hormone regulation, including the hormones that control fertility, vitamin absorption and temperature regulation.

Eg. Flaxseeds, Walnuts, Chia Seeds, Avocado, Fatty fish



6 Bone up on calcium

Women are at a higher risk of suffering from osteoporosis than men. It is extremely important for women to consume adequate calcium-rich foods from a young age to build up bone density.

Eg. Dairy products, Tofu, Sesame seeds, Amaranth, Beans and lentils, Dark Leafy Greens, Edamame, Almonds



8 Get enough iron

Iron is an important nutrient for healthy red blood cells and anemia prevention. Women tend to be at risk of iron deficiency due to menstruation, thus it is important to get enough iron from diet. Eat plant-based sources of iron together with vitamin C-rich foods to enhance iron absorption.

Eg. Chicken, Fish, Beans & lentils, Kale, Spinach, Asparagus, Dried Fruits (Apricots, Prunes, Raisins)

CLEAN YOUR HOME NATURALLY

It is every homemaker's wish to clean the home naturally without dangerous chemical residues that harm both family and pets.

Common household cleaners may contain endocrine disrupting phthalates in their fragrances, neurotoxic 'PERC's in dry cleaning fluids, aggressive Triclosan in antibacterial detergents, dermatitis causing 'QUATS' in fabric softeners, toxic 2-Butoxyethanol in multi-purpose cleaners, and caustic ammonia, chlorine and sodium hydroxide in other cleaning agents.

ZENXIN Organic Food Singapore cares for your health both inside out. We are steadfast in providing a full range of organic fresh produce and dried goods, and we are extending our efforts to provide a new range of eco-friendly homecare cleaning products -- Klar and AlmaWin home cleaner, made in Germany. These concentrates are made of biodegradable ingredients and selected natural raw materials such as vegetable and mineral origin, and have been dermatologically tested.



5 Essential Cleaning Products Every Home Need

Glass Cleaner



Specially formulated for glass surfaces like mirrors, windows, TV, computer monitors, plastic surfaces, car windows etc. for effective cleaning of fingerprints, dust and dirt.

ALMAWIN GLASS & WINDOW CLEANER

- Creates long-lasting, anti static shine on all waterproof surfaces.
- Cleans without streaks.
- Can be used in the car's windscreen wiper system.

All-purpose Cleaner



Effective on grease, dirt, and stains, and for all smooth and waterproof surfaces.

KLAR ALL PURPOSE CLEANER

- Suitable for streak-free cleaning of all smooth and water resistant household surfaces, example kitchen, tiles, floors etc
- Successful in dermatological tests.

Toilet Bowl Cleaner



The toilet is one of the most-used seats in your home. A bleach-based toilet bowl cleaner makes getting a clean toilet a cinch.

KLAR TOILET CLEANER

- Removes stubborn dirt, such as limescale, urine scale and deposits
- For all parts of the toilet.
- Successful in dermatological tests.

Laundry Detergents



Removes dirt, stains, and odors from fabric, rinses away without damaging clothes, washer, skin or the environment.

KLAR LIQUID DETERGENT COLOUR

- Deeply cleans coloured fabrics.
- Ensures long lasting colour brilliance.
- Suitable for all degrees of water hardness and washing temperatures from 30°C to 60°C,
- Combination of plant-based soap and active detergent substances made from renewable raw materials.
- Gentle to the skin and environment.

Dishwashing Detergents



Removes all types of baked-on, dried-on foods from dishes, flatware, and cookware, leaves delicate glasses spot and film-free.

ALMAWIN WASHING-UP LIQUID WILDROSE BALM

- Flowery fragrance from essential oils.
- Removes fat and dirt in a flash
- Creating sparkly clean dishes
- Protects skin and hands

9 WHOLE SOME FOODS EVERY MAN SHOULD START EATING



ORGANIC ANTIOX CHIA MUESLI

Oats are inevitably the breakfast for champions! Our Organic AntiOx Chia Muesli is made with 70% Organic Finnish Oats and 30% Organic Chia Seeds, Nuts and Dried Fruits. Oats contain beta glucan, a powerful soluble fiber that is important for a healthy heart as intake of beta glucan is strongly linked to reduction of bad cholesterol level. Super easy to make, simply bring muesli and hot water or milk in a bowl and soak it for 5 mins. Top it with your favourite fresh fruits and berries.

- WHY CHOOSE THIS
- Made with 70% Finnish Oats & 30% chia seeds, nuts and dried fruits
 - Free from added sugar
 - Great for the heart and promotes satiety
 - Certified organic by NASAA & USDA



ORGANIC ACACIA HONEY

Fun fact: Did you know bees travel at an average of 55,000 miles and need to tap over 2 million flowers just to bring you a pound of honey. No wonder honey is so glorified! Honey tends to be a natural aphrodisiac. Studies found that consumption of honey significantly increase nitric oxide levels in the blood. In addition to preventing cardiovascular disease and improving the effectiveness of a workout, nitric oxide is also the chemical behind penile erections. Our Organic Acacia Honey is a certified organic honey in cooperation with SKAL (the sole organic inspection body of the Netherlands). This unadulterated honey is collected in unspoilt nature where no pesticides are used and are minimally 7km away from any industry or traffic. Be remember to use honey in moderation and easily add it in your drinks, baked goods or any meals that call for some sweetness.

- WHY CHOOSE THIS
- Unadulterated
 - Collected freely from unspoilt nature in Netherlands
 - Natural aphrodisiac
 - Follow the standards of Netherlands Organic Honey in cooperation with SKAL
 - Certified organic by NASAA



ORGANIC CEYLON CINNAMON STICKS

If you love cinnamon or consume cinnamon a lot, then you might want to choose Ceylon Cinnamon! Ceylon cinnamon is also known as ‘true cinnamon’ are mainly grown in India, Sri Lanka, and they come from the varieties of cinnamomum verum or cinnamomum zeylanicum. True cinnamon has a milder aroma and flavour compared to the normal variety. Benefits of Ceylon cinnamon is that they have lower coumarin content compared to the normal variety that largely linked to liver damage. Cinnamon has been found good in the management of blood sugar in men especially with diabetes and help preserve the penile arteries to prevent erectile dysfunction. So, keep dashing a lil’ cinnamon into your drinks or foods next time!

- WHY CHOOSE THIS
- Grown in biodynamic condition in India
 - Lower in coumarin
 - Certified organic by NASAA & USDA



ORGANIC TOASTED YERBA MATE TEA

Mighty person requires a strong mighty product to keep them going! The 3 mighty combination of Caffeine, Theophylline and Theobromine help supports the nervous system, relaxes the muscles and provide long lasting physical and mental boost to engage in daily activities. Hails from the land of Brazil, this tea is organically grown in Southern Parana in Brazil, a region with the ideal climate and soil condition. Toasted yerba mate brews into a brown thin-bodied tea liquor with an earthy flavour and accompanied by a nice toasted aroma. Avoid making this tea using hot boiling water. Instead, use warm water and brew for maximum of 5 minutes. Yerba mate taste the best and is more nutritious when served cold.

- WHY CHOOSE THIS
- Gives non-jittery boost of energy
 - Provides mental alertness
 - Great alternative to coffee
 - Certified organic by NASAA & USDA



HIGH OLEIC ORGANIC SUNFLOWER OIL

Not just an ordinary sunflower oil, but High Oleic Organic Sunflower Oil has gotten everyone attention at this current moment! So, why high oleic sunflower oil? This oil apparently is a more balanced product compared to other sunflower oil and they have higher monounsaturated fats (oleic acid) making it in a way, healthier. For you men who loves to cook, why not give this oil a try? They are long lasting, have neutral aroma and they help preserve shelf life of food items and baked good, meaning it doesn’t turn your food products rancid fast. Even better, this oil has higher smoking point.

- WHY CHOOSE THIS
- High in oleic acid
 - Suitable for high heat cooking
 - Makes food items last longer
 - Certified organic by NASAA & USDA



ORGANIC GARBANZO

Garbanzo or commonly known as Chickpeas, is one of the healthiest bean a man can eat! Garbanzo has a high dose of soluble fiber that fuel the healthy bacteria that promote digestion, protect your colon, and give your immunity a boost. They also contain good amount of protein, if you are looking for high protein snacking option. To create an easy tasty, healthy snack, simply boil garbanzo beans in a pot, season the water with salt. Once the garbanzo is nice and tender, drain the water and let it cool for minutes. There you have a nice bowl of boiled garbanzo beans. Taste good as it is!

- WHY CHOOSE THIS
- Good source of protein
 - High dose of soluble fiber
 - A healthy, easy snack
 - Certified organic by NASAA & USDA



ORGANIC QUINOA

Dear men, if you are looking for high protein food, look no further! Quinoa is an amazing grain! Quinoa contains more protein than any other grain. The best part is quinoa has complete protein, meaning they contains all essential amino acids that the body needs but cannot self-produce. Try substituting rice for quinoa or start easy by cooking it together brown rice. They are even great to be paired with garbanzo in a salad. Quinoa helps in muscle growth and offer greater satiety, so it helps to prevent overeating.

- WHY CHOOSE THIS
- Good source of protein
 - Contains complete protein and is especially high in lysine, methionine and cystine
 - Offers great satiety
 - Certified organic by NASAA & USDA



QINGYUAN ORGANIC BROWN SHIITAKE MUSHROOM

Did you know largest mushroom production is in China? This Brown Shiitake from Qingyuan has all it takes to a premium mushroom as it tastes exceptionally good and is certified organic. Mushrooms in general are easy to incorporate into any dish plus it instantly elevates the flavour to any food, and the best part is they are nutritious. Mushrooms are a great source of potassium and selenium. These minerals are important to offset the effects of sodium in the management of blood pressure and help protects the prostate glands.

- WHY CHOOSE THIS
- Guaranteed free from chemical pesticides
 - Helps management of blood pressure
 - Certified organic by NASAA & USDA



ORGANIC CHIA SEEDS

Do you know chia seeds are beneficial to your friendly swimmers? Yes, that’s totally because they contain great source of omega-3 fatty acids. Not only omega-3 helps in elevating good ‘HDL’ cholesterol and in the management of healthy total cholesterol, they also help to increase healthy sperm count. Add chia seeds as easy as in your drinking water, or make a delicious chia pudding with coconut water to help you to get rehydrated and rejoice with electrolytes after a good amount of time working out or after a tiring day at work!

- WHY CHOOSE THIS
- A great source of omega-3
 - Helps elevate good ‘HDL’ cholesterol
 - Good to increase sperm count
 - Certified organic by NASAA & USDA

5 WAYS TO SUPPORT GUT HEALTH NATURALLY

"All disease begins in the gut," so says the legendary Greek physician Hippocrates some 2000 years back.

Maintaining the integrity and overall gut health might be the key to finding back overall well being for yourself. If this is so, your diet has to be scrutinised to help you maintain and support your microbiome's good bacteria.

On that note, ZENXIN's in-house nutritionists have put together nutritional advice along with recommendations of healthy food products that can be beneficial to you.



EAT MORE WHOLE GRAINS, NUTS, LEGUMES AND BEANS

Wholegrains such as millet, quinoa, oatmeal, lentils and chickpeas are packed with fibre. Fibres are fermented by gut bacteria in your large intestines to create acids that feed cells in your intestines to protect your gut from harmful bacteria. Bananas contain a good amount of inulin, fibre that is especially beneficial for promoting healthy good bacteria growth. In addition, sprouted seeds, chia seeds, flaxseeds that have been sprouted are great sources of fibre to support the growth of beneficial bacteria. Nuts on the other hand have good probiotic property as well. They feed the gut bacteria with their high amount of fibre, fatty acids and polyphenols. Consider also:

- a. Organic Muesli Series
- b. Organic Rolled Oats/Organic Quick Rolled Oats
- c. Organic Quinoa
- d. Organic Chickpeas
- e. Organic Gluten-Free Pasta
- f. Organic Chia Seed

GO FRESH

Eating organic fresh produce can give your gut a healthy boost. Leafy greens, such as kale and spinach are excellent sources of fibre, as well as nutrients like folate, vitamin C, vitamin K and vitamin A. Studies show that leafy greens also contain a specific type of sugar that helps fuel growth of healthy gut bacteria. Meanwhile, garlic and ginger possess antifungal and antibacterial properties beneficial for keeping "bad" gut bacteria under control while feeding healthy bacteria already in your gut. Apples are gut friendly food, packed with millions of good bacteria, helpful for improving gut health. Consider also:

- a. Organic Morado Garlic
- b. Organic Onion
- c. Organic Spinach
- d. Organic Banana
- e. Organic Apples



EAT POLYPHENOLS

Foods rich in microbe-friendly polyphenols like green tea, almonds, dried apricot, broccoli, and onions increase the population of bacteria, thereby promoting the health of the gut. Polyphenols are antioxidants that have a mutual relationship with gut bacteria. In return for being transformed into bioavailable metabolites (suitable for use by your body), dietary polyphenols promote the growth of beneficial bacteria like (Bifidobacterium and Lactobacillus) and prevent that of opportunistic bacteria. One of the prominent importance of these good bacteria is to break down fibre and transform it into valuable nutrients, like vitamins and short-chain fatty acids which are vital for healthy body function. Consider also:

- a. Organic Green Tea
- b. Dried apricot
- c. Organic Broccoli
- d. Dehydrated Almond



LIMIT ARTIFICIAL SWEETENERS

Simple sugars like glucose and fructose are everywhere and eating too much of them can disturb the gut microbiota. Let alone artificial sugars. One of the easiest ways to get rid of bad bacteria in the gut is to limit the intake of sugar and artificial sweeteners. Artificial sugars pass to the intestine straight without being digested, yet they come into contact with the microflora in the gut, changing the balance of bacteria in your gut which can influence your health. Instead of choosing food products that might contain artificial sweeteners like soft-drinks, canned food and some baked goods, opt for healthier food that contains natural sweeteners like fresh fruit juices, honey, coconut nectar sugar. However, it is still advisable to include sugar products in your diet moderately as it can concern other health issues. Meanwhile, choose more whole foods such as organic fruits and vegetables. Consider also:

- a. Fresh Raw Honey
- b. Organic Coconut Nectar Sugar



ADD SPICE

We all know herbs and spices can elevate a dish but what we might not know is that some of them are very beneficial for gut health. Fennel seeds have antiviral and antimicrobial properties to prevent bad bacteria infection. Turmeric is well known for its anti-inflammatory property that will help keep your beautiful gut blossoming. How about cinnamon? They are good for gut health by easing nausea and stomach upsets. They also possess antimicrobial effects against harmful bacteria. Include more herbs and spices in your recipes for an added boost of flavour and also to promote gut health. Consider also:

- a. Organic "Lakadong" Turmeric Powder
- b. Organic Ginger Powder
- c. Organic Ceylon Cinnamon Powder



source:

- https://www.bbc.co.uk/food/articles/what_should_you_eat_for_a_healthy_gut
- <https://atlasbiomed.com/blog/16-easy-hacks-to-enhance-your-gut-health-every-day-in-2020/>
- <https://www.bluezones.com/2019/04/6-ways-to-improve-gut-health/>

CELEBRATE TOGETHERNESS THIS MID-AUTUMN

It's the time of the year to put up a lantern, indulge in a mooncake and peel a pomelo — Mid Autumn Festival is here.

Falling on the 15th day of the eighth month of the lunar calendar, Mid Autumn Festival, also known as Mooncake Festival, is a great chance for families to reunite, spend time together and adore the brightest and fullest moon of the year.

Feasting is an integral part of this festive celebration. Many Chinese families would take the opportunity to reunite and catch up with each other while sharing good food.

On the menu are indulgent offerings: mooncakes with salted egg yolk, a rich feast, desserts and snacks. The big question is, just how do we find a way out for our health afterwards? The answer might be to eat mindfully.



Not all mooncakes are made equal. Instead of high-calorie sugar-packed mooncakes, try to make a healthy version of mooncakes at home. ZENXIN recommends adding natural and nutritious ingredients such as nuts, raisins and coconut nectar sugar in place of artificial additives and flavourings.



Ditch sugar-laden sweets and oily snacks. Packed with unsaturated fats, omega-3 fatty acids and fibre, nuts are a great alternative. ZENXIN recommends low-temperature dehydrated nuts as it retains all the natural goodness.



While we are encouraged to stay at home, ZENXIN recommends preparing a healthier yet scrumptious feast for your loved ones at home. Steamboat is a go-to choice during this festival of reunion. Prepare a wholesome, high-fibre steamboat by adding handmade vegetable noodles into your favourite soup.



Instead of artificially sweetened beverages as you feast, ZENXIN recommends you go for tea. Tea helps improve digestion, reduce the spike in blood sugar and relieves greasiness.

CELEBRATE TOGETHERNESS THIS MID AUTUMN FESTIVAL WITH ZENXIN ORGANIC FOOD SINGAPORE

The Mid Autumn Festival is a significant festival celebrated by most Chinese around the world. Have you started planning gifts for your loved ones yet? How about choosing to surprise them with ZENXIN's Mid Autumn Revelry Gift Set?

****Available from 07 September to 24th September.**

For more information, Whatsapp **"Mooncake_your name"** to **+65 8142 9299** (Singapore) and **+6012 3708 299** (Malaysia)



Organic Steamboat Box

You get ready the pot and meat, ZENXIN brings everything else to the table.

Small box : 5-8 varieties

Big Box: 8-12 varieties



Simply Natural Reunion Handmade Noodles

The handmade noodles are made using 20% organic fresh vegetable puree and shaped into the words "團圓" (Meaning: Reunion)



Simply Natural Tea

Simply Natural Organic Teas recommended by tea professionals. A perfect complement to enhance your mooncake tasting experience.



Organic Turkish Dried Fruit / Dehydrated Mixed Nuts

The best snacks to accompany your after dinner tea

Mid Autumn Festival PROMOTION

For any purchase of ZENXIN's Mid Autumn Revelry Gift Set you purchase, redeem a box of delicious traditional hand-made mooncakes from JMM(For Singapore customers) or Yuen Fatt(for Malaysia customers), the famous pastry shop in Muar and Kluang Johor. We will deliver your good wishes to your loved ones!

/ FREE DELIVERY / FREE MOONCAKE

#ZENXINcelebratesMidAutumnFestival

(limited to the first 50 boxes)

MID AUTUMN DELIGHTS GIFT SET (Gift one piece of mooncake with packaging)

for 2-3 pax

Small organic steamboat box, Reunion handmade noodles, Turkish Dried Fruits(choose 1), Tea box (choose 1 from recommendation).

MID AUTUMN RELVERY GIFT SET (Gift one box of mooncake with gorgeous mooncake box)

for 4-8 pax

Big organic steamboat box, Reunion handmade noodles, Turkish Dried Fruits(choose 1), Tea box (choose 1 from recommendation).





BLW Macaroni and Lentil Patties



SERVES: 3-4 KIDS



PREPARATION TIME: 30 MINS



COOKING TIME: 45 MINS

INGREDIENTS

- 1/4 cup Simply Natural Organic Lentils Brown
- 200g organic pumpkin
- 1 cup Simply Natural Organic Gluten-free Wholegrain Brown Macaroni
- 10 organic cherry tomatoes
- 1 cob organic corn
- 1 cup Pea
- 3 cloves organic garlic
- 1 tablespoon flour
- 1 tablespoon butter
- 1/4 teaspoon salt
- Some Simply Natural Organic Olive Oil Extra Virgin

METHOD

1. Boil macaroni and corn in one pot. Drain.
2. Boil lentil in another pot til tender. Drain.
3. Roast the pumpkin in the oven until fork tender.
4. Remove pumpkin skin and mash with a fork. Then add cooked lentil, 1/2 tsp of minced garlic and a little salt. Mix well and shape. Add in 1 tablespoon of flour if the shape doesn't hold. Pan fry in some olive oil. Set aside.
5. Sauté 1 teaspoon of minced garlic in a tablespoon of butter. Add cherry tomatoes and cook until slightly soft. Stir in cooked macaroni and pea before garlic turns brown. Mix well. Add a little salt.
6. Serve with boiled corn and pumpkin lentil patties.

Baby-led weaning (BLW) is an adventurous process as it offers babies opportunities to explore different tastes, textures and aroma. This BLW recipe could come in handy for new mummies, as all ingredients can be cooked to a relatively soft texture. The nutrient-packed combo like red lentils, peas, whole grains macaroni and organic vegetables ensures your baby gets the most nutrients from their food. Meanwhile, the choice of red lentil, one of the best plant sources of iron is a great addition, as iron is crucial at this stage for your baby's growth and development.

**If your kid needs to be under gluten-free diet, replace wheat flour with other gluten-free options like potato starch and cornstarch*

**You are encouraged to introduce corn on the cob to your baby once they reach 12 months old or when they are ready for finger foods to reduce the risk of choking.*

Food Artist

GK



“In the early years of motherhood, I struggled a lot feeding my eldest. Then I started exploring ways to encourage him to eat. Now, with three kids, I'd love to create beautiful childhood memories for them with home cooked food.”

@gastronomic.kid



SERVES: 2



PREPARATION TIME: 30 MINS



COOKING TIME: 20 MINS

INGREDIENTS

- 300g cooked rice
- 16-20 leaves of organic cos lettuce
- 50g organic carrot, julienned
- 3-4 slices of organic pumpkin, halved
- 4 organic fresh shiitake mushrooms, halved
- 2 pieces of boneless chicken thighs, grilled

SEASONINGS

- 1/8 tsp salt
- dashes of black pepper
- 1/2 tsp sugar
- 1 tbsp sesame oil

METHOD

1. Heat frying pan with sesame oil, saute carrot strips.
2. Add salt, sugar, black pepper to taste. Dish up and set aside.
3. In the same pan, grill pumpkin and mushrooms, about 5 minutes. Season with salt and pepper, if preferred.
4. Add marinated chicken thigh to the air fryer and grill until cooked.
5. Lay a large piece of plastic cling wrap on a flat surface, add in 75g of cooked rice. Twist cling wrap and mould to a flat square/rectangular shape (use a small bento snack box for easy shaping). Repeat the steps for 3 more rice portions.
6. Unwrap cling wrap of 1 shaped rice, lay it on top of 4-5 pieces of overlapped cos lettuces. Top it off with pumpkin slices, mushroom, carrot strips, grilled chicken and lastly, another shaped rice. Then cover the top layer of rice with more cos lettuce. Use cling wrap to tightly wrap up the entire sandwich (putting it into the same snackbox helps to hold the shape). Repeat the above steps for the 2nd sandwich.
7. Keep the rice sandwich wrapped in cling wrap for at least 30 minutes. Rice sandwiches can be served chilled too. Slice into half before eating.

Healthy lunch or snacks keep children energetic and help them concentrate on learning. This Onigirazu recipe is a great lunch box or snack option, as it is a healthy balanced meal in itself consisting of carbohydrates from rice; protein from chicken and mushroom; fiber, vitamin and mineral from a variety of vegetables. You can also involve your kid to prepare their own onigirazu by choosing the filling, while teaching them some food skills and the importance of healthy eating.

Food Artist

Berlinda Goh



“I'm a food artist, recipe creator and Mum to 2 active boys, aged 11 and 6. I started creating character bentos 8 years ago. It brought me joy when my children were encouraged to try different varieties of vegetables and fruits through these bentos. I cook at least 5 days a week and I try my best at meal plannings to provide a well balanced diet for them.”

@mamaberbysays



Korea has a rich traditional agricultural heritage and it is thought that bibimbap originates from the need to carry out one bowl to the farmworkers in the fields rather than rice and individual banchan.

The Bibimbap is a very healthy complete meal with lots of fresh, blanched, fermented or sautéed seasonal vegetables topping rice, barley or mixed grain. For this recipe we have used a mixture of rice and millet, fresh and seasoned toppings and a mild fermented soybean paste mixed with red chilli powder to make the ‘jang’.

The Bibimbap is also representative of ‘Eumyangohaeng’ the coming together of earth qi and sky qi to create the five elements, wood, fire, earth, metal and water.

That is why you will see the respective green, red, yellow, white and ‘black’ constituent colours which makes a meal healthy and well balanced, according to Korean traditional medicine.

Credits: Ceri, ZENXIN Masterchef



Korean Bibimbap



SERVES:
4-6



PREPARATION TIME:
OVERNIGHT SOAK FOR GRAINS + 10 MINS



COOKING TIME:
30 MINS

TOTAL:
OVERNIGHT + 40 MINS



ZENXIN Master Chef
Ceridwen Anne Wolf
B.Sc. (Comb. Hons.) / P.G.C.E. Rural Science

Ceri has cooked and eaten her way across four continents and been lucky enough to experience most of the world cuisines. This gives her a deep valuation for original ethnic ingredients including herbs and spices and a desire to share their diverse health-giving properties.

With a Life Science background, she understands how important it is to choose fresh organic foods to nourish the body and protect the environment. Join her to learn how to find the best sources of essential nutrients available in Singapore to suit your lifestyle.

INGREDIENTS

- 400 - 600g hot, mixed rice and millet (from 2 cups mixed rice + 1 cup millet)
- 300g organic, free-range, grass-fed beef shabu shabu, cut into 2" strips
- 3 tbsp fermented black bean sauce
- 1 tbsp neutral organic oil
- 2 tsp organic Spanish morado garlic, finely chopped
- 1 tsp coconut nectar sugar
- Freshly ground black pepper to taste

‘GOCHUCHANG’

- 2 tbsp organic shiro miso
- 2 tsp ‘Simply Natural’ organic supreme red chilli powder
- 2 tsp organic soya oil
- 2 tsp Korean soju

RADISH SALAD

- 250g organic daikon radish, shaved into this strips plus the tender part of the leaves
- 1 tbsp Atlantic sea salt
- 1 cup hot water
- 1 tsp ‘Simply Natural’ organic supreme red chilli powder
- 1 tsp coconut nectar sugar
- 1 tsp toasted sesame seed oil
- 1 tsp toasted organic white sesame seeds

TOPPINGS

- 1 tbsp neutral organic oil
- 150g fresh organic shiitake mushrooms
- 1 tbsp fermented black bean sauce
- 1 tbsp filtered water
- 1 organic carrot (~200g), julienned
- 250g organic English Spinach, cut into 4" long pieces
- 1 tsp organic garlic, finely chopped
- 1 tbsp toasted sesame seed oil
- 1 tsp toasted organic white sesame seeds
- 1 organic Japanese cucumbers, julienned
- 1 organic zucchini, halved longitudinally and sliced
- A pinch of Atlantic sea salt
- 1 organic free-range egg

METHOD

1. Rinse the rice and millet carefully, cover and put to soak overnight.
2. Mix together the sauce, oil, garlic, sugar, pepper and marinate the beef.
3. Stir together the ingredients for the ‘Gochuchang’.
4. Add the salt to the hot water, stir until dissolved, then add the radish strips and leaves.
5. Toast the sesame seeds till fragrant, then add to sesame seed oil, sugar and chilli.
6. Massage the radish, then rinse off the salt carefully and add to the sesame dressing.
7. Drain the rice carefully, add 3 cups of filtered water and cook in the rice cooker.
8. Bring a saucepan of water to the boil with a pinch of salt.
9. Blanch the carrots, spinach and zucchini.
10. Toss the carrots and the spinach in the garlic/ sesame seed/oil mixture.
11. Place neutral oil in the sauté pan and stir-fry the shiitake, adding bean sauce + water.
12. Use the same pan to stir-fry the beef strips, pour the resulting juice over the zucchini.
13. Take the cooked rice and plate up the serving bowl placing the toppings on the rice.
14. Lastly, fry the egg, place on top and serve. Enjoy!

Tip: Use a ‘Greenpan’ ceramic, cast iron or stainless steel pan for sautéing.



Integrated with a farm mart and a casual styled restaurant Farm Table, ZENXIN Organic Park is a recreational farm for one and all.

First and foremost a working organic farm with organic fruit, vegetables, herbs etc., ZENXIN Organic Park started as an initiative to provide educational tours for everyone to gain insights into the actual workings of organic agriculture. At our organic park, join our guided tours, and get in touch with nature. Experience how ZENXIN upholds its values, and brings you and your family only the best organic products.

BENEFITS OF ONLINE BOOKING

1. Enjoy a lower price than ZENXIN Organic Park front desk or mobile service.
2. No need to line up to buy tickets
3. Priority is given to booking tickets to avoid missing the opportunity to visit

HOW TO BOOK YOUR TICKETS ONLINE:

- Step 1: Visit www.zenxin.com/park
 Step 2: BOOK NOW → Select a catalog (example: Tour Package) → Select a package you are interested in (example: Banana Explorer)
 Step 3: Select quantity → add-on activity or food & beverages (optional)
 Step 4: Add to Cart → View Cart → Checkout → Fill up the information → pay → DONE
 Step 5: Visit us

SEPTEMBER PROMOTION

Mid- Autumn Festival:

MOON CAKE WORKSHOP

RM 35/pax
(Regular Price: RM 55/pax)

KOMBUCHA WORKSHOP

RM 25/pax
(Regular Price: RM 35/pax)

Attention: ZENXIN Organic Park is currently open for group tours of 20 pax visitors (max). We may be required to take additional measures to reduce the spread of the virus



FARM TABLE @ ZENXIN ORGANIC PARK

FARMTABLE, a casual farm-to-table concept at ZENXIN Organic Park, connects you to nature with the freshest organic produce.

Featuring organic produce lovingly grown by our farmer folks at ZENXIN Organic, Farm Table further pairs them with wonderful organic offerings from its sister brand, Simply Natural. We know the story of each ingredient we serve.

At Farm Table, food is sourced from the highest quality farms. You find not unnatural additives, preservatives or artificial ingredients. In place is purity, natural goodness, simplicity and local flavours.

Satisfied, head over to Farm Mart and find all ZENXIN fresh produce and Simply Natural dried goods to recreate your organic cuisine at home.

Food Donation in the Time of Coronavirus

Earlier in March, the COVID-19 outbreak has resulted in a shortage of food supplies due to panic buying and hoarding behaviours. It also caused the less privileged to struggle for food supplies. Our mother company, ZENXIN Agriculture then donated batches of antibiotic-free eggs to the need in the Kluang district. This was our way of giving back — as we never once forgot how our agricultural business was established and supported by locals. In a time of need, giving back was the least we could do to minimize the burden of big families and to send warmth to those with limited mobility. We deeply appreciate the dedicated efforts of YB Chew and his team in identifying underprivileged families and facilitating distribution to homes.



Donation of Vegetables to Food Bank



Giving back to the community has always been ZENXIN's priority. ZENXIN donated surplus organic goodness to Muhibbah FoodBank Malaysia to help those in need. The vegetables were donated to four welfare centres and two non-profit organizations from Nilai and Seremban. We deeply appreciate efforts of Muhibbah FoodBank Malaysia in distributing the organic surplus to the needy.

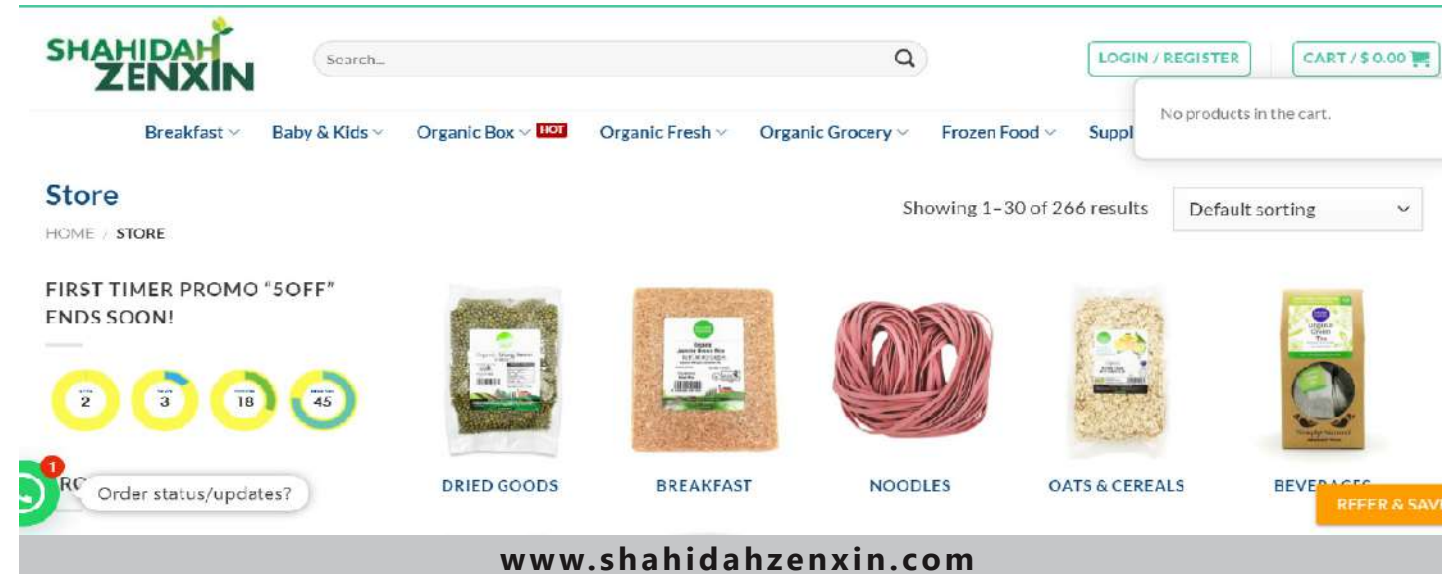
SHOP@ Shahidah ZENXIN for the best HALAL ORGANIC FOOD

Looking for fine Halal Organic products to delight your family and loved ones?

You can now find your needs at Shahidah ZENXIN

Both ZENXIN and Shahidah have come to work together to create healthier food options for the Muslim society. For greater convenience and pleasurable shopping experience, ZENXIN and Shahidah Travel now delivers a comprehensive range of Halal, and Certified by NASAA organic fresh and dry goods, and also organic boxes right to homes!

Jom, makan sihat!





COCONUT NECTAR SUGAR

Sourced directly from Yogyakarta, Indonesia, discover the wonderful organic coconut nectar sugar as a wonderful substitute to normal refined sugars. It offers you that pleasant sweetness without sending a sugar rush in your blood. Highly suitable to be used as alternatives to artificial sweeteners, in baking and cooking. This series also includes two tea flavours with strong coconut aroma, low glycaemic index and contains 12 types of amino acids. All four can be used creatively to concoct healthy drinks!

All four products in the series can be used to make fancy & healthy drinks!



QINGYUAN MUSHROOMS

ZENXIN'S
ORGANIC
MUSHROOMS
COME FROM THE
BIRTHPLACE
OF MUSHROOM
CULTIVATION
—QINGYUAN
COUNTY IN
SOUTHWEST
ZHEJIANG

800 years ago, farmers started cultivating mushrooms in Qingyuan County in northern Fujian for the imperial court and for tianzi or Heaven's son, the emperor.

Qingyuan is renowned to be the birthplace of mushroom cultivation and this is exactly where Zenxin's Organic Mushrooms come from.

The Qingyuan Mushroom Culture System has been named China's Nationally Important Agricultural Heritage Systems (NIAHS) in 2014.

Here, mushrooms are grown in the natural season of mushrooms or naturally in winter only. Mushrooms here are also proudly grown organically in pristine forests without chemicals and sulphur treatment. Certified organic under Australian Organic Standards (NASAA) and accredited by IFOAM.



SUPPLEMENTS

Simply Natural Supplements packs in the nutritional punch you need to boost your health. Free from pesticides, insecticides and other toxic ingredients, these plant-based lines of supplements use only organic ingredients – and are loaded with good-for you nutrients. From moringa to wheatgrass, they are extremely versatile and convenient for the modern city dweller. Blend, mix, sprinkle during meal times to supercharge your health. If we’re consuming more organic fruits and vegetables to decrease the risk of common chronic diseases, it stands to reason that opting for organic whole-food based supplements can offer similar benefits.

OUR FOOTSTEPS



HEADQUARTER

ZENXIN AGRI-ORGANIC FOOD SDN. BHD.
No.8, (PLO67) Jalan Teknologi 1, Kawasan Perindustrian Mengkibol, 86000 Kluang, Johor, Malaysia.
Tel: +60 (7) 7728199, +60 (7) 7736899 | Fax: +60 (7) 7766799
Email: zenxinkluang@zenxin.com.my / zenxin.organic@gmail.com

RETAIL OUTLETS

- Johor

ZENXIN ORGANIC FARM MART
Plot 47A & 47B, Batu 9, Jalan Batu Pahat, 86000 Kluang, Johor, Malaysia.
Tel: +60 (7) 759 5196, +60 (19) 773 8985
Fax: +60 (7) 759 5193
Email: zenxinorganicpark@gmail.com
Opens daily from 9.00am to 6.30pm

ZENXIN@KLUANG
No.14,Jalan Rambutan, Bandar Kluang, 86000 Kluang, Johor.
Tel: +60 (7) 776 7289 / +60 (7) 772 8299

ZENXIN@TAMAN SENTOSA
No.57, Jalan Sulam, 11 Taman Sentosa, 80150 Johor Bahru, Johor, Malaysia.
Tel: +60 (7) 331 9299 / +60 (7) 331 9399
Email: zenxinjb@zenxin.com.my

ZENXIN@TAMAN DAYA
No.18, Jalan Pinang 52, Taman Daya, 81100 Johor Bahru, Johor, Malaysia.
Tel: +60 (7) 351 5299 Fax: +60 (7) 335 6299
Email: zenxinjb@zenxin.com.my

ZENXIN@ SKUDAI
No.65, Jln Pahlawan 1, Taman Ungku Tun Aminah, 81300 Skudai, Johor, Malaysia.
Tel: +60 (7) 558 3299

ZENXIN@BUKIT INDAH
No. 27, Jalan Indah 16/12, Taman Bukit Indah, 81200 Johor Bahru, Johor, Malaysia.
Tel: +60 (7) 239 6799

ZENXIN@ BATU PAHAT
ZENXIN ORGANIC FOOD (Batu Pahat)
No. 62 Jalan Flora Utama 8, Taman Flora Utama, 83000 Batu Pahat, Johor.
Tel: +60 (7) 431 6653, +60 (17) 767 0787

ZENXIN@PASIR PANJANG
Blk 14, Pasir Panjang Wholesale Centre #01-25, Singapore 110014
Tel: +65 6778 7369, +65 6779 7839
Fax: +65 6777 0879

- Melaka

ZENXIN@CHENG
No 12A, Jalan Inang 1, Taman Paya Rumput Utama, 76300 Paya Rumput, Melaka, Malaysia.
Tel: +60 (6) 335 7299, +60 (16) 670 6600

ZENXIN@MELAKA RAYA
No.585, Jalan Melaka Raya, Taman Melaka Raya, 75000 Melaka, Malaysia.
Tel: +60 (6) 288 1299
Email: zenxinmelaka@zenxin.com.my
- Kuala Lumpur/ Selangor

ZENXIN@SRI PETALING
No. 90 Jalan Radin Anum 1, Taman Sri Petaling, 57000 Kuala Lumpur, Malaysia.
Tel: +60 (3) 9059 5299 / +60(3)9058 8969
Text: +60 (19) 224 5148
Email: kv.zenxin@gmail.com

ZENXIN@DAMANSARA UPTOWN
43G, Jalan SS21/37, Damansara Utama, 47400 Petaling Jaya, Selangor, Malaysia
Tel: +60 (3) 7496 6335, +60 (12) 608 6335
Email: zenxin.uptown@gmail.com

ZENXIN ORGANIC@BANDAR UTAMA
Ground Floor, AEON@Bandar Utama Store, S125, 1 Utama Shopping Centre, 1, Lebuhr Bandar Utama, Bandar Utama, 47800 Petaling Jaya, Selangor, Malaysia
Tel: +60 (3) 7496 6335, +60 (12) 370 8229
Email: tene@zenxin.com.my
- Penang

ZENXIN@BANDAR TANJONG TOKONG
98-G-19, Jalan Fettes, Bandar Tanjong Tokong, 11200, Pulau Pinang, Malaysia.
Tel: +60 (4) 892 0798 Fax: +60 (4) 892 0798
Email: chengjie@zenxin.com.my, peiqi@zenxin.com.my

ZENXIN@BAYAN BARU
5-G-16, The Promenade, Persiaran Mahluri, 11950 Bayan Baru, Penang, Malaysia.
Tel: +60 (18) 262 4798
Opens daily from 8.30am – 7pm



STEP 01

Embrace & Explore

探索新常态

The only constant in Life is change. Embrace whatever comes forth. Explore the changing world with our high energy organic foods.

世界上唯一不变的，就是改变。以开阔的胸怀拥抱眼前的每一天，您的有机人生，从探索诚兴高能量有机食材开始。



STEP 03

Empower Yourself & Your Loved Ones

疗愈自己和你爱的人

We empower you with the best organic offerings so you can create the life you want. The power is in your hands to make mindful wise choices — for you and your loved ones.

诚兴执着于高能量有机食品，让您紧贴大地韵律，品尝当季时蔬，在家中创作高能量餐点。选择诚兴，选择农人的诚意之作，选择为自己为家人打造丰盛健康的有机人生。



STEP 02

Take Root

生根养身

Discovered what works best for you yet? Take root with these new possibilities. It's time for new beginnings.

找到最适合您的养生方式了吗？

扎根于崭新的可能性，从新出发，迎向健康有机的自己。



STEP 04

A Healthier YOU

健康的你，健康的世界

Thank you for journeying with us, for persevering and for making healthy organic choices. Now celebrate, this organic, healthier YOU.

感谢有您全程陪伴、全情参与，与我们共同拥抱有机生活。庆祝你我成为更健康的“有机人”，以及我们因改变而创建的永续环境。