Our Journey Towards a Greener Lifestyle:
Recreating Memories: The Durian Experience
A Sensory Experience
Lessons from Granny: The Original Sustainable Lifestyle Practitioner
Ah Poh (Granny) grew vegetables and fruits behind her house and on every bit of available land. She never bought any fertilizer nor could she afford any chemicals for her produce. She buried or burned any organic material or leftovers and used them as compost.
She bred her own chickens, ducks and pigs. All her vegetables tasted different from the vegetables we buy in the market today.

No one has even come close to matching her “kiam chai th’ng” (pickled vegetable soup). Her pickled vegetables are made from preserving her home-grown vegetables and duck slaughtered from her garden.
No one could still make “kiam chai thng” the way she makes it despite her teaching them.

But I think that the secret ingredient is her home brew rice wine which she adds in while taking surreptitious swigs from the bottle …..
This is our journey to have a more sustainable lifestyle
Little did we know what we were getting into when we bought our farm 6 years ago.

All we wanted was a place for our son to appreciate nature better and a place for our family to escape the concrete jungle.
As we found ourselves knee deep in all sorts of dung, new friends and old friends volunteered a lot of interesting information.
It is one of these little titbits of information which is relevant to our discussion for today:

We were literally fully surrounded by heirloom plants dating back to the colonial days in the 1790’s - nutmegs and cloves.
“History of Botanic Gardens in Penang
The first botanical garden in Penang was set up in 1794 by the British East India Company which was attempting to break the Dutch Monopoly of trade in cloves and nutmegs. Christopher Smith was sent to the Moluccas to collect living plants for the new garden as well as native ‘park-slaves’ to take care of them. By 1802, there were 19,000 nutmeg and 6,250 clove trees growing in the garden, tended by a staff of 50 convicts. The experiment came to an abrupt end in 1805 when the government sold all the trees to private landowners who transplanted them to their own estates...”

HERITAGE TREES OF PENANG by Simon Gardner, Pindar Sidisunthorn, Lai Ee May
The more we learnt about the farm, the more we appreciated it.

We are still learning from practical lessons from the old timers and incorporating into what we now call a greener lifestyle.
Learning from the Master
Learning from Nature
Farm to Table
Slow Food Dinner
August 2015

Featuring organic produces from
Green Acres

Presented by Chef Mathijs Nanne
(Slow Food member, Penang)

A total of 18 ingredients were harvested fresh and delivered within the same day for dinner.
Farm to Table Menu
Slow Food Dinner

18 ingredients harvested fresh in 2 hours from our farm, cooked for 20 guests.

Penang Green Acres

Slow Cooked Free Range Egg, Toasted Sour Dough Rye, Pickled Beetroot and Radish, Lime Hollandaise, Lavender Sorrel and other Fragrant Leaves

Spiced Mackerel, Caramelized Pumpkin Gnocchi, Twice Cooked bamboo Shoot, Wilted Sweet Potato Leaf, Nutmeg Relish, Lesser Galangal Beurre Rouge

Alma Fruit Sorbet, Pandan Jelly, Rosella Syrup

Late Season’s Cempedak Crème Brûlée,
Creating wholesome experiences for families
The Dream:
Keep Farmers Farming
Keep Good Food Coming
Keep The Good Life
You may contact us at:

greenacrespenang@gmail.com

FB: greenacrespenang