

**NARATIF SIHAT BERSAMA KanWork II**  
*Healthy with KanWork Narratives II*

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*Healthy with KanWork Narratives II*

Persatuan Kanser KanWork  
Damansara Utama 2024

# Naratif Sihat Bersama KanWork II

Cetakan Pertama 2024

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## **Penyelaras**

Mazanah Muhamad

Nik Hasnaa Nik Mahmood

Nor Aida Maskor

## **Penyunting**

Ramleh Muhamad



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## KANDUNGAN

### *Content*

<b>Kata Pengantar</b>	iv
<b><i>Preface</i></b>	

### HIASAN BERBUNGA

#### *FLOWERS*

1. Garlic Vine	1
<i>Garlic Vine</i>	
2. Melor & Kenanga	3
<i>Jasmine and Cananga</i>	
3. Bunga di Madinah Munawarah	5
<i>Flowers at Madinah Al Munawarah</i>	
4. Kesidang	7
<i>Kesidang</i>	
5. Ros	9
<i>Rose</i>	
6. Orkid	11
<i>Orchid</i>	
7. Taman Bunga	13
<i>Flower Garden</i>	
8. Berkebun Menghiburkan Hati	15
<i>Gardening is Entertaining</i>	
9. Kemoterapi dan Berkebun	17
<i>Gardening and Chemotherapy</i>	
10. Bunga Hati	19
<i>Blossoming Heart</i>	
11. Kau Mawarku!	21
<i>You are My Rose!</i>	
12. Anekdote Kehidupan Daripada Sebuah Taman Mikro	23
<i>Life Anecdote from A Micro Garden</i>	
13. Orkid Sayang	25
<i>My Beloved Orchids</i>	

14.	Hijau <i>Green</i>	27
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**HIASAN BERDAUN  
GREENS**

15.	Taman 'Cenonet' Terapi Minda <i>A "Tiny" Garden for Mind Therapy</i>	29
16.	Bromeliad <i>Bromeliad</i>	31
17.	Taman Hijau Saya <i>My Green Garden</i>	33
18.	Saujana Mata Memandang <i>As Far as The Eyes Can See</i>	35
19.	Hutan Balkoni <i>Balcony Forest</i>	37
20.	Jenjuang yang Mengusik Jiwa <i>Bromeliad That Touches the Soul</i>	39
21.	Bonsai <i>Bonsai</i>	41
22.	'Earth Star' <i>Earth Star</i>	43
23.	Puding Warna Warni <i>Colourful Spearmint</i>	45

**SAYURAN/ULAMAN/HERBA/BUAH  
VEGETABLES, HERB SALAD, & FRUITS**

24.	Tanaman & Saya <i>Plants &amp; Me</i>	47
25.	Limau Kasturi <i>Calamansi Lime</i>	49
26.	Terapi Diri <i>Self-Therapy</i>	51
27.	Kebun Kecil Saya <i>My Small Garden</i>	53
28.	Kebun Ku Nona oh Nona <i>My Garden: Nona oh Nona</i>	55

29.	Berbudi pada tanah <i>Being Virtuous to The Soil</i>	57
30.	Pedas Membara <i>Pungent Hot</i>	59
31.	Ceri Barbados (Acerola) <i>Barbados (Acerola) Chery</i>	61
32.	Kebun Menumpang & Amalan Tanam, Tinggal & Tuai (3T) <i>Boarding Garden &amp; Planting, Leave &amp; Reap</i>	63
33.	Kaduk <i>Wild Beetle Plant</i>	65
34.	Terapi Minda <i>Mind Therapy</i>	67
<b>LAIN-LAIN OTHERS</b>		
35.	Sudut Penyembuhan <i>Healing Spot</i>	69
36.	Ikan <i>Fishes</i>	71
37.	Anak Burung <i>Bird Chick</i>	73
38.	Morocco & Aku <i>Me &amp; Morocco</i>	75
39.	Sang Siput! <i>Snails!</i>	77
40.	Terapi Alam <i>Nature Therapy</i>	79
41.	'Greenthumb' <i>Green Fingers</i>	81
42.	Terapeutik Berkebun <i>Therapeutic Gardening</i>	83
43.	Gurindam Berkebun <i>A Poetry of Gardening</i>	85

## Kata Pengantar

"Naratif Sihat dengan KanWork II" ialah penerbitan untuk mempromosikan gaya hidup sihat dengan berkebun. Ia didedikasikan kepada ahli KanWork dan orang ramai. Program "Sihat dengan KanWork" (SBK) telah dimulakan untuk menggalakkan gaya hidup sihat.

Untuk mempromosikan berkebun, setiap pagi Khamis, ahli KanWork (survivor, penjaga dan sukarelawan) diingatkan untuk berkongsi aktiviti berkebun mereka di kumpulan sembang KanWork, dan Facebook Sihat Bersama KanWork (<https://www.facebook.com/groups/2121131208042345>).

Sepanjang tahun KanWork juga menganjurkan pelbagai aktiviti pendidikan dan lain-lain tentang berkebun untuk ahli (<https://kanwork.org/mari-berkebun>).

Empat puluh tiga naratif dengan ilustrasi telah dipilih untuk buku ini. Naratif ini dibentangkan mengikut jenis tumbuhan dalam empat tema, 1. Bunga, 2. Hijau, 3. Sayur-sayuran, Salad, Herba & Buah-buahan, dan 4. Lain-lain.

Ungkapan berulang yang muncul daripada naratif ini ialah berkebun adalah satu gaya hidup sihat. Ia adalah hobi terapeutik, membantu dalam pengurusan tekanan. Berkebun bersama keluarga dan berkongsi hasil menggalakkan kesejahteraan sosial. Pencerita bersyukur dengan rezeki untuk menikmati alam semula jadi. Ia juga mengingatkan mereka untuk memulihara persekitaran hijau. Majoriti pencerita berharap naratif mereka memotivasikan orang lain untuk berkebun.

Projek SBK dan buku ini ditaja oleh Boeing. Kami juga menghargai semua penyumbang dan mereka yang terlibat dalam penerbitan ini. Semoga ia memberi inspirasi kepada semua untuk mengamalkan gaya hidup sihat, khususnya dengan berkebun.

Mazanah Muhamad  
25 Jan, 2024

## **Preface**

*“Narrative Healthy with KanWork II” is a publication to promote healthy lifestyle by gardening. It is dedicated to KanWork member and the public. KanWork’s “Healthy with KanWork” (SBK) program was initiated to encourage healthy lifestyle.*

*To promote gardening, every Thursday morning, at the KanWork’s chat group members (cancer survivor, caregiver, and volunteer) were reminded to share their gardening activities there and Facebook Sihat Bersama KanWork (<https://www.facebook.com/groups/2121131208042345>).*

*Throughout the year KanWork also organized various educational and other gardening activities for members (<https://kanwork.org/mari-berkebun>).*

*Forty-three narratives with illustrations were selected for this book. They are presented according to the plant type in four themes, 1. Flowers, 2. Greens, 3. Vegetables, Salad, Herbs & Fruits, and 4. Others.*

*The recurring strand that emerged from these narratives is that gardening is a healthy lifestyle. It is a therapeutic hobby, helpful in stress management. Gardening with family and sharing the produce promotes social wellbeing. The narrators are grateful with the privilege to enjoy nature. It also reminded them to conserve the green environment. Majority narrators hope their stories would motivate others to do gardening too.*

*The SBK project and this book is sponsored by Boeing. We also appreciate all contributors and those involved in the publication. May it inspire all to adopt a healthy lifestyle, specifically by gardening.*

*Mazanah Muhamad*

*25 Jan, 2024*

## HIASAN BERBUNGA FLOWERS

### **Garlic Vine Garlic Vine**

Hanizam Hamzah

Hampir lima tahun saya menanam pokok Garlic Vine atau di kenali juga sebagai Pokok Bawang Putih ini. Saya tanam daripada semaian keratan batang yang diberi oleh seorang sahabat. Terima kasih sahabat! Garlic Vine berwarna merah jambu ini semakin mekar berbunga di laman depan rumah. Manis sekali. Alhamdulillah, warna bunganya mampu memberikan ketenangan serta kedamaian emosi pada saya, apatah lagi di kala diri yang kurang sihat ini. Benarlah, setiap kebaikan yang kita semai, maka kebaikan juga yang akan Sang Pencipta hadirkan untuk kita tuai.

*It is almost five years that I had planted the Garlic Vine tree, also known as Pokok Bawang Putih (in Malay). I planted them from stem cuttings given by a friend. Thank you, my friend. The pink coloured Garlic Vine blossomed with flowers in my front garden. Really beautiful! I thank Allah. The colour of the flowers provided emotional tranquillity and peace, especially when I feel unwell. It is true, that every good deed that we sow, our loving Creator will provide goodness for us to reap.*



**Melur dan Kenanga**  
***Jasmine and Cananga***  
Mazanah Muhamad

Taman kecil kami ialah anjung kereta di hadapan rumah. Tumbuhan terpilih ditanam di dalam pasu. Antaranya ialah dua pokok bunga tradisional, Melur dan Kenanga. Melur putih memberikan rupa segar kepada taman. Kenanga kuning kehijauan menambahkan warna. Walau bagaimanapun, aset utama mereka ialah bau yang semerbak. Saya dibesarkan oleh seorang moyang. Apabila kurang sihat, dia akan memasukan bunga-bunga wangi seperti Melur dan Kenanga ke dalam air mandiannya untuk menyegarkan badan. Saya meneruskan tradisi, tetapi dengan cara berbeza. Saya letakkan bunga-bunga yang harum ini di dalam bilik atau di bawah bantal.

*Our small garden is the car porch in-front of the house. The limited plants are grown in pots. Among them are two traditional fragrant flower trees, Jasmine and Cananga. The white Jasmine gives fresh look to the garden. The greenish-yellow Cananga adds colour. However, their main asset is their delightful scent. I was brought up by a great-grandmother. Whenever she was not feeling well, she would add fragrant flowers like the Jasmine and Cananga to her bath-water to refresh herself. I continue the tradition, but differently. I place the flowers in my room or under my pillow.*



**Bunga di Madinah Al Munawarah**  
***Flowers at Madinah Al Munawarah***  
Mazanah Muhamad

Alhamdulillah kerana berpeluang melawat Makam Rasulullah S.A.W dan dua sahabat baginda di Masjid Nabawi sekali lagi. Juga keistimewaan untuk bersolat di sana. Semasa berulang-alik ke masjid, kami menikmati kecantikan bunga-bunga seperti kemunting cina yang pokoknya ditanam dalam pasu di sepanjang jalan. Ia menambah nilai kepada Madinah sebagai satu tempat penyembuhan rohani.

*Alhamdulillah for the chance to visit the tombs of Rasulullah S.A.W and his two companions at Masjid Nabawi again. Also, the privilege to do our prayers there. As we walked to the masjid, we enjoyed the colourful flowers like periwinkle grown in pots along the street. It added value to Madinah as a place for spiritual healing.*



## **Kesidang Kesidang**

Mazanah Muhamad

Apabila membuka pintu pagi ini, wangian yang harum sampai ke hidung saya. Ia datang daripada bunga sebatang pokok kesidang yang tumbuh di kebun kecil (di anjung rumah) kami. Pokok memanjat ini sedang berbunga dengan banyak. Saya suka bunga putih dengan bau yang harum ini. Bunga yang gugur, membawa wangian dari lantai juga. Saya beli kesidang ini di sebuah nurseri tanaman semasa pandemik. Oleh sebab halaman saya tiada tanah, saya tanam pokok ini di dalam sebuah pasu tanah liat yang besar. Saya buat junjung bagi pokok memanjat. Pelaburan ini berbaloi. Pokok dan bunga kesidang adalah terapeutik.

*This morning upon opening the door, a swift pleasant fragrant reached my nose. It came from a kesidang plant that grows in our little garden (house porch). The evergreen woody climber is flowering profusely. I love the white flower wonderful, intoxicating scent. Those that dropped from the tree exudes fragrant from the floor too. I bought the kesidang from a plant nursery under the pandemic. With no land, I planted the tree in a big, clay pot. And made a trellis for it to climb. The investment pays. The plant and flowers are therapeutic.*



**Ros**  
**Rose**

Mazanah Muhamad

Terletak tinggi di junjung, bunga-bunga ros merah yang cantik dapat dilihat dari luar pintu pagar kami. Ditanam di atas tanah yang sangat terhad di anjung rumah, pokok ros tunggal ini tumbuh baik di bawah cahaya matahari dengan penjagaan yang minimum. Ia ditanam daripada keratan batang pokok ros arwah ibu. Seperti Allahyarhamah, saya nikmati kedua-dua keindahan bunga dan baunya yang harum semerbak. Salah satu tempat penyembuhan kegemaran saya.

*Perched high on the trellis, stunning red flowers can be seen from outside our gate. Planted on the very limited soil at our porch, the single plant grows well under the sunlight with minimal care. It is planted from a stem cutting of my late mums' rose. Like Allahyarhamah, I enjoy both the flower's beauty and it's delightful scent. A favourite healing place.*



## **Orkid Orchid**

Mazanah Muhamad

Alhamdulillah saya menyertai lawatan ke ladang Orkid Hijau Hexagon di Banting. Daripada lawatan itu saya dapat ketahui tentang tanaman orkid, di samping bertemu dengan ahli KanWork. Saya membeli beberapa pokok untuk ditanam. Tiga orkid batang tunggal untuk dua orang anak perempuan dan saya, dan satu orkid batang berganda yang saya pecahkan menjadi dua. Selepas 5 hari, putik bunga daripada sebatang pokok orkid batang tunggal yang dibeli mengembang menyerlahkan bunga kuning dengan cantiknya. Semasa lawatan, kami mendapat maklumat mengenai jenis orkid, cara menanam dan menjaganya daripada pemilik ladang, Dr. Yusof Husin. Beliau turut berkongsi 8 siri video "*Growing Orchid is Easy*" sebagai bimbingan. Saya gembira menjaga orkid kami, yang hanya satu langkah di luar pintu hadapan rumah.

*Glad that I joined the Visit to Hexagon Green Orchid farm at Banting. I get to learn about the plant, besides meeting fellow KanWork member. Ended buying orchid for our small garden. Three single stem plants for my two daughters and me, and one multiple stems plant which I re-pot into two. After 5 days, buds of a single plant orchid burst into sweet yellow flowers. During the visit, we learn about orchid types, how to plant, and care from the farm owner, Dr. Yusof Husin. He also kindly shared 8 video series "Growing Orchid is Easy" as a guide. It is a joy to look after our orchids, just a step outside the front door.*



**Taman Bunga**  
**Flower Garden**  
Noor Rizan Hashim

Menanam pokok disekitar rumah memberikan suasana persekitaran yang sejuk dan nyaman. Apatah lagi deretan pokok-pokok bunga tersusun rapi. Seolah-seolah berada di taman bunga. Saya mula terjebak dengan aktiviti menanam pokok-pokok bunga secara serius kira-kira setahun yang lalu. Sebelum ini, saya menanam pokok-pokok sekitar rumah sekadar penyeri laman sahaja. Namun, kini saya seolah-olah ingin membina sebuah taman bunga yang indah. Melihat bunga-bunga berkembang mekar di laman, dengan pelbagai warna. Bau yang semerbak mewangi membuat hati berlagu riang. Terasa ingin menari bersama alam. Senyuman terukir menjana aura positif ke seluruh tubuh. Ya, jiwa yang positif memberi aura kesembuhan pada setiap penyakit.

*Planting trees around the house gives a cool and comforting environment. It is especially so when the rows of flower plants are neatly arranged. It is as if we are in a flower garden. I got involved in the activity of planting flower plants seriously about one year ago. Before this I was planting shrubs around the house just for the sake of beautifying the garden. But now I feel as if wanting to create a beautiful flower garden, yearning to look at flowers in full bloom, in the garden with a variety of colours. And smelling the wonderful fragrance makes my heart sing joyfully. I feel the urge to dance with nature. The smiles etched create positive aura to the whole body. Yes, a positive soul gives a healing aura to every disease state.*



**Berkebun Menghiburkan Hati**  
***Gardening is Entertaining***

Robiah Bani

Berkebun sudah menjadi minat saya secara semulajadi sejak kecil. Saya menanam pokok kecil sahaja seperti bunga dan sayur. Sebagai survivor kanser, aktiviti ini banyak manfaatnya. Lebih mendekatkan kepada Pencipta. Saya takjub melihat tumbuhan membesar. Pada saya, pokok tanaman saya semua indah, menjadi penghibur hati. Seronok apabila dapat hasil tanaman dan berpeluang berkongsi dengan rakan. Dengan berkebun, saya dapat lupakan seketika cabaran yang sedang saya hadapi, ralat menikmati ciptaan Yang Maha Esa. Saya rasa lebih aktif dan kreatif.

*Gardening has always been my interest since young. I only plant small plants such as flowering plants and vegetables. As a cancer survivor, this activity gives many benefits. It brings us closer to our Creator. I am amazed when I look at the plants growing. For me, all my plants are beautiful and give me comfort. It is fun when we obtain produce from the plants and being able to share with friends. By doing gardening I am able to forget for a while, the challenges that I am facing, preoccupied with enjoying the creations of almighty God. I feel more active and creative.*



## **Kemoterapi dan Berkebun *Gardening and Chemotherapy***

Robiah Bani

Kemoterapi adalah salah satu rawatan untuk kanser. Muntah, loya dan hilang selera makan antara kesan sampingan kemoterapi. Semasa rawatan, tahap imun pesakit adalah rendah, risiko mendapat jangkitan sangat tinggi. Oleh itu, pesakit tidak digalakkan untuk keluar di tempat yang ramai orang seperti pasaraya. Alhamdulillah, TokMak telah melalui 3 'cycles' kemoterapi. TokMak tidak mengalami kesan sampingan yang berat, walaubagaimanapun TokMak tetap tidak ke luar ke mana-mana. Di sinilah kebun TokMak sangat membantu. Setiap hari TokMak akan menghabiskan masa membelai tanaman. Menikmati keindahan bunga-bunga TokMak yang pelbagai warna. Memetik sayur-sayuran. Menikmati rezeki hasil tanaman sendiri. Alhamdulillah, Allah masih mengurniakan nikmatNya kepada TokMak.

*Chemotherapy is one of the treatments for cancer. Vomiting, nausea and loss of appetite are among the side effects of chemotherapy. During treatment, the immunity level of the patient is low with a very high risk of getting infected. Thus, patients are not allowed to be in places where there are many people, such as in the supermarkets. I thank Allah, that although TokMak had gone through 3 cycles of chemotherapy, TokMak did not experience severe side effects. However, TokMak did not go out to places. This is why gardening helps. Everyday TokMak spends time caring for the plants and enjoying the beauty of their various colourful flowers, harvesting the vegetables and enjoying the bounties of my own crops. I thank Allah, for he still bestows the feeling of enjoyment of looking at the flowers, to TokMak.*



**Bunga Hati**  
***Blossoming Heart***

Rozina Abdullah

Sejak daripada muda saya suka berkebun dan bersihkan halaman rumah. Bukan halaman rumah sendiri, saya juga membantu mencantikkan halaman rumah kakak. Saya lebih suka kepada bunga-bunga. Walaupun agak mencabar, memerlukan kesabaran dan penjagaan yang lebih. Tetapi, bunga yang berwarna warni membuatkan saya ceria dan ianya sebagai terapi! Pelbagai jenis bunga yang saya ada. Antara bunga kegemaran saya ialah *Petunias*, *Thunbergia Grandiflora*, *Camellia*, *Angelonia* dan *Plumbago Auriculata*. Seronok dan berpuas hati apabila bunga yang ditanam mekar berbunga. Berkebun juga dapat mengeratkan hubungan kekeluargaan kerana sering lakukan bersama-sama.

*I like to do gardening and clean my house compound since I was young. Not only my garden but I also help to beautify my sister's front lawn. I love flowers more, even though it is challenging and requires more patience and care. But flowers of a variety of colours cheers me up and is a form of therapy! I have a variety of flowering plants. Amongst my favourite are Petunias, Thunbergia Grandiflora, Camellia, Angelonia and Plumbago Auriculata. It is fun and fulfilling when the plants bloom with flowers. Gardening can also strengthen family relationships since the act of gardening is done together.*



**Kau Mawarku!**  
***You are my Rose!***  
Nurul Hajar Saleh

Bermula minat dengan bunga-bunga, menjadi semangat untuk berkebun. Saya juga mengambil ilham dari mak dan kakak saya yang sukakan berkebun. Saya mula menanam pokok mulberi di laman kecil di rumah. Kini saya mula berjinak-jinak menanam pokok bunga ros. Hampir lebih 10 jenis ros yang saya ada! Alangkah bahagianya apabila melihat bunga ros saya yang berbunga mekar dan mewangi. Berwarna warni! Berkebun telah menjadi hobi saya sekarang. Selain hobi, ianya satu terapi dan aktiviti yang boleh mengeluarkan peluh setelah penat bekerja.

*Having an interest in flowers stimulated my enthusiasm to start gardening. I was also inspired from my mother and sister who love to do gardening. I started to plant mulberry trees in a small garden in my house compound. At present I am beginning to familiarise with the planting of roses. Now I have more than 10 types of roses! It gives me pleasure when I see the roses bloom full of fragrance. Most colourful! Gardening has now become my hobby. In addition, it is a form of therapy and an activity that makes me sweat while doing the work.*



## **Anekdote Kehidupan Daripada Sebuah Taman Mikro *Life Anecdote from A Micro Garden***

Othman Omar

Taman mikro bunga Lidah Kucing (bunga Pukul Lapan) ini saya mula usahakan semasa 'lockdown'. Pokok ini tumbuh secara 'natural farming' dengan diberi sisa makanan yang "decompost" menjadi baja. Bunga kuning mengembang setiap pagi dan layu di tengah hari. Taman ini dikunjungi rama-rama, kumbang, dan lebah untuk mengutip nektar dan debunga. Dalam kehidupan, cubalah buat/usahakan sesuatu yang bermanfaat, memenuhi keperluan atau menyelesaikan permasalahan sendiri atau orang lain. Ianya menarik penglibatan, memberi pengalaman dan kebaikan. Program Sihat Bersama KanWork serupa dengan taman mikro ini. Survivor dan mereka yang terkesan dengan kanser jemput datang ke Rumah KanWork atau "KanWork Disini" untuk mendapatkan maklumat dan ilmu mengenai kanser demi kehidupan yang lebih sejahtera.

*This micro garden of Turnera (Lidah kucing) plants was started during the 'lockdown'. These plants grew naturally and was given natural fertilizer obtained from decomposed kitchen waste. Their yellow flowers bloom every morning and wilt in the afternoon. This garden is visited by butterflies, beetles, and bees that come to extract their nectar and pick up their pollens. In life, try to accomplish activities that are useful, meeting our needs or solve our problems and for others. It creates involvement and provides for us experiences and benefits. The Health with Kanwok Programme is similar with this micro garden activity. Survivors and those affected with cancer are invited to the Kanwok House or "KanWork Disini" to obtain information and knowledge about cancer to achieve a life of peace and tranquility.*



**Orkid Sayang**  
***My Beloved Orchids***  
Jauriah A Ghani

Berkebun merupakan hobi saya sejak 30 tahun yang lalu. Saya menanam pokok bunga jenis berbunga dan berdaun. Saya tanam di dalam pasu sahaja kerana ruang rumah terhad ketika itu. Sekarang ada ruang yang luas dapat tanam lebih banyak. Saya paling gemar dengan bunga orkid dan akan pastikan sekeliling rumah saya sentiasa ada orkid yang berbunga. Saya mencuba sertai Pertandingan Berkebun KanWork untuk kategori bunga. Tidak sangka orkid kesayangan saya menang. Alhamdulillah! Ia memberi motivasi kepada saya untuk terus menanam bunga. Sebagai survivor kanser, berkebun adalah satu terapi dan boleh menghilangkan tekanan semasa bekerja. Apabila melihat bunga-bunga saya, rasa gembira, lebih sihat serta bertenaga!

*Gardening is my hobby since 30 years ago. I plant flowering and leafy plants. I planted them in pots only because I had limited space around the house at that time. Now since I have a larger space I can plant more of them. I love orchids most and ensure that there are blooming orchids all around my house. I tried to participate in the KanWork Gardening Competition in the flowering plant category. I never expected my beloved orchids would win. I thank Allah! It gives me motivation to continue planting flowering plants. As a cancer survivor, gardening is a form of therapy and it helps to reduce stress while working. When I look at my flowers, I feel happy, healthier and more energetic!*



## **Hijau Greens**

Hasidah Mohd Sidek

Pokok-pokok yang tidak banyak memerlukan perhatian rapi adalah pilihan saya. Jenis berdaun dan berbunga kecil. Rangoon Creeper, pokok menjalar berwarna merah jambu, putih dan merah antara pokok yang saya tanam. Pokok ini membentuk struktur menarik di tengah laman rumah. Dahulu saya banyak tanam sayuran di belakang rumah. Banyak hasilnya. Tetapi ada cabaran kesihatan, keadaan belum mengizinkan berkebun di batas rendah. Berkebun ini membuat indah saujana mata memandang kehijauan terutama di kala pagi hari. Sungguh menenangkan. Ia juga memberikan Vitamin D mentari secara percuma dan dapat mengeluarkan hormon yang baik.

*Plants that do not require much attention is my choice. These are the leafy type and those with small flowers. The Rangoon creeper which is a creeping plant with small pinkish red flowers, white and red flowers are amongst those that I planted. This plant forms an interesting structure in the center of my house lawn. Before, I used to plant a lot of vegetables at the back of my house and obtained a lot of yield. But with my health challenges, it is no longer possible to do gardening on a low plant bed. Gardening creates a scenic beauty as far as the eye can see, with lots of pleasing greenery especially in the early morning, which creates a calming effect. Gardening activity also helps to generate vitamin D with the help of the free cool sunshine, and stimulates the production of good hormones.*



## HIASAN BERDAUN GREENS

### **Taman 'Cenonet' Terapi Minda A Tiny Garden for Mind Therapy** Norma Muhamad

Berkebun adalah hobi saya. Di taman 'cenonet' laman rumah saya ada pokok bunga dan sayur-sayuran. Berkebun merupakan satu riadah yang mengeluarkan peluh. Alih pasu sana, alih sini, ubah apa yang patut. Walaupun kadang-kadang badan sakit, hati puas dan senang. Berkebun juga memberi saya peluang "relax and chill". Saya jaga pokok dengan rapi dan belai dengan penuh kasih sayang. Pokok dan bunga hidup segar bugar, berwarna warni menjadikan laman saya cantik dan menarik. Hati saya juga berbunga-bunga. Aroma bunga yang semerbak menjadi penawar. Berbudi pada tanah memberi hasil sayur-sayuran yang boleh dimakan. Syukur Alhamdulillah dengan ciptaan Tuhan. Berkebun adalah satu terapi minda dan jiwa bagi saya. "Do what makes you smile and be happy".

*Gardening has always been my hobby. In my tiny garden within my house compound, I have planted flowering plants and vegetables. Gardening is a form of past time that makes me sweat. Moving pots here and there, and changing whatever that needs to be changed. Even though it gives my body aches and pain, it is comforting and makes me feel calm. Gardening also gives me an opportunity to relax and chill. I look after the plants with loving care. Plants and flowers grow healthy and colourful, making my house compound looking beautiful and attractive. My heart too feels enlightened 😊. The floral scent provides a form of solace. Working with the soil produces vegetables that can be consumed. I am thankful to Allah's wonderful creation. Gardening is a wonderful therapy for my body and soul. "Do what makes you smile and be happy".*



## **Bromeliad Bromeliad**

Hanizam Hamzah

Saya mula menanam Bromeliad sejak saya disahkan menghidap kanser payudara pada April 2021. Bromeliad adalah sejenis pokok hiasan yang tumbuhan menumpang dari keluarga Nanas dan berasal dari Amerika Latin dan juga Afrika. Saya menanam Bromeliad di laman hadapan rumah. Pada awalnya sebagai hobi sahaja, tanpa disedari ianya sebagai terapi diri. Bromeliad yang saya tanam telah membiak dan menghasilkan anak pokok yang banyak. Saya juga menjual anak pokok tersebut dan menjadi sebahagian sumber pendapatan keluarga. Alhamdulillah, saya sentiasa berasa tenang dan bahagia apabila bersama Bromeliad saya yang kini semakin banyak memenuhi laman belakang rumah saya.

*I first planted Bromeliad since I was confirmed to suffer from breast cancer in April 2021. Bromeliad is a type of ornamental plant derived from the pineapple family, and originated from Latin America and Africa. I planted Bromeliad in the front compound of my house. In the beginning it was just a hobby but unknowingly it became a form of self-therapy. The Bromeliad that was planted propagated and produced many saplings. I started selling the saplings and it became a part of my family's income. I thank Allah that I always feel calm and happy when I am with my Bromeliad, which now fills a large portion of my backyard.*



**Taman Hijau Saya**  
***My Green Garden***  
Hasmah Nik Mahmood

Saya menanam pokok daun hijau semenjak dari zaman bujang lagi. Ketika itu, saya menanam pokok bunga yang pelbagai warna seperti mawar, ros jepun dan bunga raya. Sekarang, saya hanya menanam pokok daun hijau saja disebabkan cucu-cucu saya suka memetik bunga untuk main masak- masak. Saya suka menanam pokok bunga sebab ia memberi aura positif dan ketenangan kepada saya setiap kali melihat pokok saya menghijau dan subur. Saya hanya siram seminggu sekali kerana semua pokok berada dibawah porch dan terlindung dari pancaran matahari.

*I plant green leafy plants since I was single. At that time, I used to plant a variety of flowering plants such as rose, Japanese rose and hibiscus. Now I only plant green leafy plants because my grandchildren like to pluck the flowers when they play cooking. I like to plant flowering plants because it gives me a positive aura and tranquillity when I see my plants growing lush and green. I only water them once a week since all the plants are placed under the porch, protected from direct sunlight.*



**Saujana Mata Memandang  
As Far as The Eyes Can See**

Dr. Abdullah Mohd Noor

Selepas bersara saya memilih untuk fokus dengan aktiviti berkebun. Hijau dan sejuk pemandangan saya setiap hari. Ada bunga kapas, kemboja putih, 'bunga janda kaya'. Ada juga buah kedondong, buah mata kucing, pisang tanduk, buah betik. Hasil yang tak pernah mengecewakan. Saya ada kawan-kawan yang selalu berkongsi aktiviti berkebun, CRC (Club Roti Canai). Minum pagi sambil sembang pasal tanaman. Macam-macam ilmu saya dapat. Selain itu, dengan halaman hijau di rumah, membantu untuk saya mengamalkan senaman QiGong dengan konsisten. Bunga warna warni, petik hasil tanaman sendiri, sihat pun dapat!

*After retirement I choose to focus on gardening activities. It provides a cool and pleasing view for me daily. There are cotton flowers, white frangipani and mussaenda flowers. I also have indian hog plum, longan fruit, horn banana and papaya. This produce never disappoints me. I have friends that often share gardening activities with me, The Roti Canai Club. Drinking coffee in the morning, while talking about plants. I gain a variety of knowledge. In addition, the greenery at the front of the house helps me to practice QiGong exercise consistently while enjoying the colourful flowers, plucking fruits from my own tree, and gaining health too.*



## **Hutan Balkoni Balcony Forest**

Nicky Azura

Saya menyukai hutan, tetapi saya tinggal di bandar, bermakna akses saya kepada alam semula jadi adalah terhad. Jadi saya memilih berkebun, supaya saya sentiasa dapat melihat kehijauan. Saya memutuskan untuk membawa hutan ke rumah saya dengan menanam tumbuhan hijau. Saya berkebun di pangsapuri saya iaitu di ruang tamu dan balkoni. Antara kelebihanannya, saya fleksibel untuk mengurus tanaman saya pada bila-bila masa. Saya lebih suka kepada tumbuhan hiasan, terutamanya yang tidak mempunyai bunga. Koleksi tumbuhan hiasan saya agak jarang dan mahal seperti Monstera Albo, Philo Gigas, dan Anthurium Dorayaki. Berkebun membantu saya menguruskan tekanan dengan lebih berkesan. Selain itu, saya boleh menjana pendapatan sampingan yang kecil dengan menjual beberapa pokok saya.

*I love the forest, but I live in a city, meaning my access to nature is limited. So, I chose gardening, so that I could always see the greenery. I decided to bring the forest to my house by planting green plants. I garden in my apartment, which is in the living room and balcony. Among the advantages, I am flexible to take care of my crops at any time. I prefer ornamental plants, especially those that do not have flowers. My collection of ornamental plants is quite rare and expensive such as Monstera Albo, Philo Gigas, and Anthurium Dorayaki. Gardening helps me manage stress more effectively. Additionally, I can make a small side income by selling some of my trees.*



## **Jenjuang yang Mengusik Jiwa *Bromeliad That Touches the Soul***

Hanizam Hamzah

Saya mempunyai tujuh jenis pokok Jenjuang di laman belakang rumah. Saya mula jatuh cinta dengan pokok ini sejak saya disahkan menghidap kanser. Ketika itu, saya sering ke pusara arwah ayah, kerana saya merasa kematian telah hampir dengan saya. Saya dapati banyak pokok Jenjuang merah yang menghiasi pusara di situ. Melihat dedaun pokok Jenjuang yang sentiasa bergerak, seperti sedang berzikir, buat saya rasa tenang. Sejak itu, saya terus mencari spesies Jenjuang. Jenjuang bukanlah pokok yang hanya layak menghiasi pusara semata-mata, ia juga sangat cantik menjadi penghias halaman. Jenjuang, mampu membuat saya rasa tenang dan bahagia.

*I have seven types of Bromeliads in my backyard. I first fell in love with this plant since I was confirmed to have cancer. At that time, I often visit my late father's grave since I felt that my death is just round the corner. I noticed there were many red bromeliad plants beautifying the area around the grave yard. Noticing the leaves of the bromeliad swaying it looks as if they were reciting prayers, which gives me peace. Since then, I started searching for various species of bromeliad. Bromeliads are not plants that deserve to beautify the graveyard only but they are so beautiful and can beautify the garden. Bromeliads makes me feel at peace and happy.*



## **Bonsai** **Bonsai**

Latifah Mohd Yusof

Saya mula menanam dua pokok bonsai (spesis Jeliti/Santalia/Anting Putri) pemberian tukang kebun berbangsa Cina pada tahun 1989. Pokok itu membesar, berbunga dan menghasilkan biji benih, kemudiannya saya semai. Bermula daripada dua pokok, akhirnya menjadi banyak. Seni bonsai ini unik dan menarik. Saya memotong ranting yang tidak perlu untuk mengelakkan pokok menjadi tinggi. Saya gabungkan beberapa batang pokok dalam satu pasu besar, seolah-olah satu hutan kecil. Selain air dan baja yang mencukupi, saya perlu buang ranting yang tidak perlu. Agak mengambil masa yang lama kerana bilangan pokok yang agak banyak. Menanam pokok bonsai ini adalah satu terapi minda dan memberi kepuasan tersendiri apabila melihat pokok yang renek ini hidup subur.

*The first time I had two bonsai trees (species Jeliti/Santalia/Anting Putri) was given by a Chinese gardener in 1989. The tree grew, produced flowers and seeds, which I then used as seedlings. Starting from just two trees, I ended up with many more. The art of growing bonsai is unique and interesting. I combined several stems in one big pot, as if forming a small forest. Other than sufficient water and fertilizers, I had to remove branches that are not required. It took quite some time since there were many stems. Planting bonsai trees is a form of therapy and provided satisfaction when I see a small shrub grow into healthy plant.*



**Earth Star**  
**Earth Star**  
Asmah Ismail

Mak saya suka menanam pokok, saya meneruskan tradisi. Rasa rumah kurang berseri kalau tiada pokok hidup di sekelilingnya. Saya cenderung kepada pokok hiasan yang mempunyai bentuk daun dan warna yang pelbagai. Antara pokok hiasan saya ialah Earth Star, Keladi, Bromeliad, Bakawali, dan Kesinai. Saya tanam di halaman rumah. Kebanyakan ditanam dalam pasu sebab mudah untuk dialihkan. Saya pernah jadikan pokok Earth Star saya sebagai hadiah semasa majlis perjumpaan dengan kawan-kawan. Jimat masa saya untuk cari hadiah. Pokok pun mudah dijaga. Saya berkebun untuk mengisi masa lapang dan sebagai cara mengamalkan gaya hidup sihat. Rasa seronok bila tengok pokok membesar dengan subur.

*My mother loves to plant trees, so I am following a tradition. I feel that the house is less radiant if there are no plants around it. I prefer decorative plants that possess leaves of a variety of shapes and colors. Among my decorative plants are the earth star, yam, bromeliad, queen of the night (bakawali), and the Chinese fringe flower (kesinai). I planted them in my front lawn. Most of them are planted in pots so that they can be relocated easily. I had given my earth star plants as presents during a reunion gathering with friends. It saves me time to spend looking for presents. The plant is easy to care for. I do gardening to fill up my free time and as a way to practice a healthy lifestyle. It is enjoyable to see plants growing healthy and lush.*



**Puding Warna Warni**  
**Colourful Spearmint**  
Siti Norehan Maskor

Saya suka pokok bunga puding. Berwarna warni. Pokok ini mudah untuk dijaga. Saya beli di nurseri yang berhampiran. Pelbagai jenis ada. Jenis daun yang lebar, berpintal-pintal, berkeriting, halus, dan beralun. Sampai di rumah, saya tukar dengan pasu kegemaran saya. Saya letak di kawasan yang mendapat cahaya matahari, tetapi tidak terlalu terik. Saya siram secara berkala dan gunakan baja organik untuk memastikan pertumbuhan daun yang sihat. Berkebun memberi ketenangan dan aktiviti yang menyihatkan. Melihat pokok puding yang pelbagai warna, corak yang pelbagai, rasa ceria dan gembira.

*I love the spearmint flowering plant. It is very colorful. This plant is easy to care for. I bought them from a nearby nursery. There are many varieties. Some with large leaves, some spirals, some curly, small and wavy. When I reach home, I transplant them into my favorite pot. I place them in areas exposed to sunshine but not too harsh. I water them intermittently and use organic fertilizers to ensure a healthy growth of leaves. Gardening gives me peace and tranquility, and it is a healthy activity. Looking at the spearmint plants of various colors I feel cheerful and happy.*



## **SAYURAN/ULAMAN/HERBA/BUAH VEGETABLES, HERB SALAD, & FRUITS**

### **Tanaman & Saya**

#### ***Plants & Me***

Aini Ideris

Kebun kecil di halaman rumah saya penuh dengan tanaman. Ada buah, sayur dan bunga. Kebanyakan pokok bunga yang jenis berdaun, mudah untuk dijaga. Saya ada pisang renek yang tidak putus-putus mengeluarkan hasil. Selain pisang renek, pelbagai hasil yang boleh saya tuai seperti kacang renek, peria, nenas, limau nipis, belimbing buluh, dan betik. Tanaman biasa seperti serai, pandan, halia, kunyit, lempoyang, daun kari, daun kesum pun ada. Pokok bunga kantan saya antara pokok yang paling lambat membuahkan hasil. Hampir lima tahun, pokok bunga kantan tidak putus-putus keluar. Alhamdulillah. Berkebun adalah riadah kegemaran saya, satu *“healing moments”*.

The small garden in the compound of my house is filled with plants. There are fruit trees, vegetables and flowering plants. Most of the flowering plants are of the leafy type, as they are easy to look after. I have a small shrub of banana plants that never stopped fruiting. Other than the shrub of banana plants, there are various produce that I can harvest, such as beans, bitter gourd, pineapple, lime, *‘belimbing buluh’* and papaya. There are also herbal plants such as lemon grass, *pandan*, ginger, turmeric, *lempoyang*, curry leaves and Vietnamese coriander. My torch ginger flower (*bunga kantan*) plants are the most productive. It keeps reproducing continuously for five years. I thank Allah, gardening is my favourite past time, one of the *“healing moments”*.



**Limau Kasturi**  
***Calamansi Lime***  
Hanizam Hamzah

Saya mula menanam pokok limau kasturi ini di belakang rumah lebih kurang 5 tahun lalu. Alhamdulillah, pokok ini sentiasa menghasilkan buah yang banyak. Hampir tidak pernah putus kerana sentiasa ada bunga dan putik baru. Saya mengamalkan teknik memangkas untuk menghasilkan pokok yang rendang dan supaya sentiasa berbuah. Selain itu, saya membuat semburan baja pada ranting dan menyiram dengan air basuhan beras dan ikan di pangkal pokok. Saya gembira mempunyai pokok limau kasturi ini kerana ia memudahkan saya bila saya memerlukannya. Petik sahaja di kebun sendiri!

*I first planted the calamansi lime tree at the back of my house about 5 years ago. I thank Allah, the tree continuously produces lots of fruits. It almost never stopped, since it continuously produces flowers and new buds. I practise a trimming technique to obtain a shady tree and to encourage continuous fruiting. In addition, I spray fertilisers to the branches and water the base of the trees with washings from the rice and fish. I am happy to have these calamansi lime trees, since they provide the limes whenever I needed them. Just pluck them from my own garden.*



## **Terapi Diri Self-Therapy**

Noor Rizan Hashim

Berbakti pada tanah pasti ada ganjarannya. Sebelum ini saya jarang mendekati dunia berkebun. Namun setelah menjalani rawatan kanser, saya memerlukan ruang untuk terapi diri. Berkebun menjadi pilihan saya. Ianya terapi percuma selain dapat menuai hasil sendiri. Boleh memetik hasil pada bila-bila masa sahaja. Seronokkan? Walaupun tanaman tidak memberikan hasil yang lumayan tetapi ianya 'segar dari ladang'. Saya menanam pelbagai jenis sayuran (bayam, cili, bendi). Berkebun secara tidak langsung baik untuk kesihatan. Walaupun bukan aktiviti yang berat, ia masih boleh mengeluarkan peluh. Pada saya aktiviti ini boleh mencantikkan ruang rumah, menghilangkan bosan dan menambah kreativiti. Seseekali kena kreatif untuk ubah susunan pasu-pasu tanaman saya! Sealun perkongsian.

*Being virtuous to the land must surely have its rewards. Before this I rarely approach gardening practices. But after undergoing cancer therapy, I needed some form of self-therapy. Gardening became my choice. It is a free therapy other than obtaining yields from my own effort. It gives pleasure to be able to pluck produce at any time. Enjoyable, is it not? Even if the crops do not give a bountiful of produce, it is still 'fresh from the garden'. I plant a variety of vegetables (spinach, chili and okra). Gardening indirectly is beneficial for health. Even though not a heavy activity it can still makes you sweat. For me this activity can beautify our house, relieves boredom and encourage creativity. Once in a while creativity is needed to reorganise my potted plants. Just sharing.*



**Kebun Kecil Saya**  
***My Small Garden***  
Noriahan Jamaludin

Saya dan suami minat berkebun dengan menanam bunga di sekeliling rumah. Apabila pandemik COVID-19, pergerakan terbatas, kami mencuba tanam sayur-sayuran. Di peringkat awal kami tanam kangkung, bayam, dan salad secara hidroponik kerana tidak banyak perlukan ruang dan lebih tersusun. Tanaman lain di tanam atas tanah dan dalam polythene. Pengalaman paling menarik apabila dapat memetik dan menikmati hasilnya. Hasil kebun dikongsi bersama rakan, jiran dan ahli keluarga di kampung. Sebagai survivor kanser, berkebun ini satu terapi bila kita dapat hasil dari usaha kita sendiri, walaupun suami yang lebih banyak mengerjakannya. Tenang jiwa melihat kebun kecil saya.

*My husband and I started to be interested in gardening, planting flowering plants all around our house. During the Covid-19 pandemic, our movement was restricted, we decided to plant vegetables. In the beginning we planted water spinach and lettuce using the hydroponic technique since it does not require lots of space and it is more organised. Other plants were planted in the ground and in polythene bags. The most interesting experience is when plucking and enjoying their produce. The yield from the garden is shared with friends, neighbours and family members in the village. As a cancer survivor, gardening is a therapy when we obtain results from our own effort, even though it is my husband who did most of the work. I feel at peace when I see my small garden.*



**Kebun Ku Nona oh Nona**  
***My Garden: Nona oh Nona***  
Robiah Bani

Riang sungguh hati Tokmak pagi ini. Seperti biasa, setiap pagi Tokmak akan melawat kebun, memerhati sana dan sini. Bunga-bunga masih berkembang mekar. Allahu Akbar, bersyukur tidak terkira, Tokmak masih berpeluang menikmati keindahan alam. Tiba-tiba Tokmak ternampak pokok nona. Tokmak terus menuju ke pokok nona. Berputik. Rasa tidak percaya, sebab pokok nona tersebut baru sahaja berbuah bulan Mei lalu. Masih awal kalau berbuah lagi. Tokmak belek-belek lagi dicelah-celah daun. Ada lagi beberapa kuntum bunga dan sebiji lagi yang berputik. Oh, pokok nona Tokmak berbuah lagi! Alhamdulillah, sungguh banyak nikmatMu kepada ku.

*This morning Tokmak feels very cheerful. As usual, every morning TokMak will visit the garden, observing around. The flowers are still in full bloom. Praise God Almighty, I am ever so grateful. Tokmak is still able to enjoy the natural beauty. Suddenly I saw a nona tree. Immediately TokMak head towards the nona tree. It is full of buds. Unbelievable, since the nona tree was fruiting last May. It is too early to be fruiting again. TokMak examined in between the leaves. There are several flower buds and another one budding. Oh my, TokMak's nona tree is fruiting again. Thank you, Allah, you grant me so much favour.*



**Berbudi Pada Tanah**  
***Being Virtuous to The Soil***  
Mariana Mohd Yusoff

Berprinsipkan tidak rugi berbakti kepada tanah, dan sebagai menghargai pemberian tanah seluas satu ekar setengah daripada nenek, saya dan suami mula menitip minat untuk berkebun. Kami memilih kelapa Malayan Yellow Dwarf daripada MARDI. Pelbagai cabaran dihadapi memandangkan kami tiada kemahiran. Hanya hujung minggu sahaja dapat menjenguk kebun di Kelantan. Penat tidak terkata, namun kami teruskan jua demi minat, usaha dan sokongan keluarga. Alhamdulillah, kini pokok kelapa kami telah membuah hasil. Kami turut menanam pokok mangga, serai dan bunga kantan. Gembira menikmati hasil kebun sendiri, terbayar segala penat lelah dan boleh juga menjana pendapatan. Hilang tekanan kerja apabila berinteraksi dengan pokok dan tanah. Berkebun juga satu terapi.

*Following the principle of not losing anything by being virtuous to the soil, and to appreciate the gift of one and a half acres of land from our grandmother, my husband and me started to be interested in farming. We chose Malayan Yellow Dwarf from MARDI. Various challenges were faced since we had no experience and skills. We only had weekends to visit the farm in Kelantan. It was really tiring but we continued because of interest, effort and family support. Thanks to Allah, our coconut trees produced results. We also planted mango trees, lemon grass and torch ginger flower. It is a joy to relish products from our own farm, worth the effort and tiredness experienced, and it can also generate an income. One feels a relief from the work pressure when one interacts with the plants and soil. Farming is also a form of therapy.*



## **Pedas Membara**

### ***Pungent Hot***

Fauziah Idris

Saya bercucuk tanam sayur-sayuran di belakang rumah. Senang kalau hendak memasak, petik sahaja hasil. Cili padi kampung antara tanaman saya. Pedas! Saya tanam cili dengan menyemai biji benih. Apabila dah naik setinggi 6 inci, saya pindah ke bekas yang lebih besar. Pokok cili ini tidak perlu selalu di siram sebab tanah tidak boleh basah. Saya baja pokok cili sebulan dua kali sahaja. Alhamdulillah, sudah 6 - 7 kali membuahkan hasil. Seronok tengok pokok-pokok di sekeliling rumah, terhibur dan tenang jiwa. Sekarang sedang mencuba cara lain untuk menanam pokok cili. Kawan-kawan kata letak sabut kelapa di bahagian bawah, kemudian letak tanah, baru letak anak pokok cili. Semoga misi saya berjaya! Insyallah.

*I plant vegetables at the backyard of my house. It makes it easy when I want to cook, just pluck the produce from my garden. One of my plants is bird's eye chili, really pungent hot. I plant the chilies by sowing their seeds. When it has sprouted and grown about 6 inch high, I transfer then to a bigger pot. This chili plant does not need a lot of watering since the soil should not be too wet. I add fertilizer to the soil only twice in a month. I thank Allah, it has produced chilies 6 – 7 times so far. It is fun to see trees around my house, it cheers me and gives me peace and tranquility. Now I am trying other methods to plant the chilies. Friends recommended me to place some coconut fibers at the bottom of the pot, and then place the chili sapling on top. May my mission succeed. With Allah's will.*



**Ceri Barbados (Acerola)**  
**Barbados (Acerola) Chery**  
Nor Aniza Ali Shibramulisi

Terdapat dua pohon Ceri Barbados di padang depan rumah saya. Rajin berbuah, 'ramah' kata orang Utara. Buah ini banyak manfaat kesihatan. Tinggi kandungan Vitamin C dan antioksidan yang sangat bagus untuk kulit, sistem pencernaan dan boleh meningkatkan sistem imuniti. Ia juga mengandungi Vitamin B Complex yang bagus untuk kesihatan jantung dan paru-paru. Buah ini masak di pokok, rasa masam, tidak sama seperti yang sudah dijeruk atau yang sudah bergula untuk hiasan kek. Daripada buah segar, saya jadikan jem dengan bahan asli tanpa pengawet. Boleh disapu pada roti bakar atau dijadikan inti roti dan muffin. Hasil berkebum, boleh jadi hidangan sekeluarga.

*There are two Barbados Chery tree in the field in front of my house. Fruiting regularly, people in the north usually say 'friendly'. Its fruits have many health benefits. It contains high amounts of vitamin C and antioxidants, which are very good for the skin, digestive system and improves our systemic immunity. It also contains vitamin B complex, which is good for our heart and lungs. The fruits ripen on the trees, tastes sour, not the same as after it has been pickled or after it has been sugared for cake decorations. Using the fresh fruits, I make jam with natural ingredients without the use of preservatives. It can be spread on toasts or used as fillings in buns and muffins. The products from gardening can become a dish in our family meal.*



## **Kebun Menumpang & Amalan Tanam, Tinggal & Tuai (3T) *Boarding Garden & Planting, Leave & Reap***

Othman Omar

Kebun menumpang kami ada nangka, pisang raja, mangga, ubi kayu, nanas & bunga. Kebun menumpang ini ialah kami tanam pokok tersebut dicelah pokok hiasan atau 'windbreaker' yang sedia ditanam oleh pemaju perumahan. Tidak rumit untuk menjaganya, hanya Tanam, Tinggal dan Tuai (3T). Kebun ini juga mengamalkan kaedah '*natural farming*,' satu sistem pertanian yang mengintegrasikan dan mengoptimumkan penggunaan sumber alam. Sebagai contoh, pokok nangka tumbuh daripada biji yang dicampak. Pokok dibiarkan hidup. Buat sungkupan dengan daun-daun kering, dibiarkan untuk kompos baja sendiri. Bila sudah berbuah, bungkus nangka untuk hindarkan serangga. Santai, menenangkan jiwa. Kepuasan panen tiada bandingan apabila menikmati hasil buah segar dari pokok.

*Our boarding garden contains jack fruit, king of banana, cassava, pineapples & flowering plants. It is at this boarding garden that we planted these plants in between decorative plants or windbreaker planted by the housing developer. It is not difficult to care for them, just plant, leave and reap. This type of gardening involves the practice of a natural farming method, a system of agriculture that integrates and optimises the usage of natural resources. For example, the jackfruit tree sprouted from seeds thrown on the ground and was allowed to thrive. Prepare mulch from dried up leaves left to result in a natural compost fertilizer. Once the trees produce fruits, wrap the jackfruits to deter insects. Relaxing and soothing. The satisfaction is unmatched when we enjoy the yield of fresh fruits from the trees.*



**Kaduk**  
**Wild Beetle Plant**  
Nor Aida Maskor

Semasa program Mari Berkebun di Rumah KanWork, saya ada mengambil pokok kaduk. Hendak cuba tanam di rumah. Belajar berkebun. Sampai rumah, rendam dalam air, supaya tidak mati. Selepas itu, saya minta kakak saya yang tanam. Saya tidak pernah tanam pokok, takut tidak hidup, kecewa nanti. Saya hanya siram (kadang-kadang pun lupa!). Alhamdulillah, seronok tengok kaduk tumbuh dengan baik, sebagai hiasan, juga boleh kami jadikan sayur atau ulam. Terima kasih kepada ahli rumah yang jaga, saya pantau sahaja. Pokok ini menjalar, kena letak sokongan supaya kaduk membiak dengan baik. Boleh tanam kaduk, tetapi kita jangan jadi Kaduk Naik Junjung!

*During the program “Lets do Gardening” at the KanWork House, I took a wild beetle plant. I wanted to try planting it at home to practice gardening. When I reached home, I soaked it in water so that it does not dry up. Following that I asked my elder sister to plant it. I had never planted a plant and was afraid that it might not grow and I would be disappointed. I just water it (sometimes forgetting to do so!) I thank Allah, it is enjoyable to see the beetle plant thrive, as a decorative plant, and can also be eaten as a vegetable or side dish. I am grateful to my family members that looked after it, I just monitor its growth. This is a creeping plant so some support structure must be placed so that the beetle plant spreads beautifully. We can plant wild beetle plant but we should not “Go beyond our ability” (kaduk naik junjung).*



**Terapi Minda**  
***Mind Therapy***  
Fatimah Embi

Saya tanam pokok-pokok yang tahan lasak, yang boleh hidup berdikari sebab saya selalu jarang di rumah. Pokok ubi, pisang, kelapa, antara tanaman saya di rumah di Bangi. Sekarang saya kerap ikut anak di Melaka, saya berkebun di sini pula. Di sini saya ada tanam sayur-sayuran di sekeliling rumah selain pokok bunga. Selepas sarapan, saya mula berkebun, menyapu daun yang berguguran dan menyiram pokok pelbagai jenis. Gembira tengok pokok yang berbunga, pokok berbuah, boleh petik hasil tanaman. Boleh diagihkan kepada saudara dan kawan-kawan. Manfaat berkebun tentunya terapi untuk minda, mata dan fizikal. Badan segar dan sihat!

*I plant trees that are durable, that can grow independently since I am not always home. Trees planted at my house in Bangi includes cassava, banana and coconut tree. Nowadays I often follow my children to Malacca, where I now do my gardening. Here I plant vegetables around the house in addition to the flowering plants. I start gardening after breakfast, sweeping the fallen leaves and watering the various types of plants. I am happy to see plants blooming with flowers and plants bearing fruits. I can pluck their yield and distribute to relatives and friends. Obtaining benefits from gardening is surely a therapy for the body, mind and vision. Our body becomes healthy and full of vigour.*



**Sudut Penyembuhan**  
*Healing Spot*  
Mazanah Muhamad

Adakah rumah anda mempunyai tempat yang boleh dijadikan tempat rehat atau menenangkan diri? Alam semula jadi adalah salah satu tempat terbaik untuk penyembuhan. Oleh itu, sudut saya adalah ruang yang selesa dan tenang. Dapat melihat tanaman yang hijau dan bunga yang sedang mekar. Terdapat juga pelawat di sana; rama-rama, lebah, burung dan tupai yang datang mencari makanan. Kadang-kadang, dari luar pintu kaca, seekor tupai diam-diam memerhatikan saya yang sedang memerhatikannya. "Kawan" apabila saya memerlukan. Saya juga bersarapan dan membaca di sana. Saya menikmati sudut ini. Ia amat membantu apabila saya menghadapi cabaran fizikal untuk keluar rumah atau berkebun. Jika anda mempunyai tempat di rumah anda yang boleh anda rehat dan menenangkan diri, harap anda juga nikmati sudut tersebut.

*Do you have place in your house where you would go when you need to rest, relax, and calm your nerves? Nature is one of the greatest places to heal. Thus, mine is a comfortable, quiet corner where I can see my garden, the greens and flowers in bloom. Also, the visitors there; the butterfly, dragonfly, bees, bird, and squirrel looking for food. Sometimes, from outside the glass door a squirrel quietly watches me watching him. A "friend" when I need one. Sometimes I also do my breakfast and read there. I enjoy the corner. It is especially helpful when I am physically challenged to go outside or potter in the garden. If you have one, hope you are enjoying yours too!*



## ***Ikan Fishes***

Mazanah Muhamad

Ada sebiji pasu tanah dengan ikan gupi yang berwarna-warni di hadapan rumah kami. Ikan ini memerlukan penjagaan minimum, sekadar menaburkan sedikit makanan sahaja. Dari semasa ke semasa, saya pindahkan anak-anak ikan ke pasu lain untuk mengelak pemangsa (ikan lebih besar). Pasu ikan ini juga berfungsi sebagai tempat saya meletakkan keratan tumbuhan supaya berakar untuk ditanam. Sudut ikan ini adalah satu tempat yang tenang. Apabila perlu menarik nafas lega sekejap, saya akan ke sana melihat ikan-ikan ini berenang dengan gembira. Mudah bagi saya berbuat demikian terutamanya apabila menghadapi cabaran mobiliti.

*There is an earthen pot with colourful guppies in-front our house. They require minimal care, just a shake of food. Occasionally I will move the fries to another pot to avoid being predated by the older ones. The fish pot double up as place where I put my plant cutting to root before growing. The fish corner is a peaceful, tranquil place. Whenever in need of a quick breather, I would go there to watch the fishes swim happily. Especially helpful for me when with mobility challenge.*



**Anak Burung**  
*Bird Chick*  
Mazanah Muhamad

Dua ekor anak burung Merbah kapur (*Yellow vented bulbul*) menetas di sarang di pokok *mini monstera* di hadapan rumah kami. Kehadirannya hanya disedari selepas melihat dan mendengar kicauan ibu-bapa mereka. Si ibu dan bapa bergilir-gilir memberi makan cacing, serangga dan beri. Mereka juga memerhatikan keselamatan anak-anak dengan ketat. Selepas beberapa hari, anak-anak burung ini memanjat keluar dari sarang dan hinggap di batang *monstera*. Dua hari kemudian, satu demi satu terbang pergi bersama ibu-bapa mereka. Walaupun gembira bagi mereka, saya sedikit terkesan. Seronok semasa mereka ada, melihat kesibukan penjagaan anak-anak burung. Berkebun adalah terapeutik bagi saya. Taman kami menarik burung-burung. Satu ganjaran berganda berkebun.

*Two Yellow vented bulbul (Merbah kapur) chicks hatched in a nest on a mini monstera plant in front our house. We only realized upon seeing their parents, and hearing their constant chirping. The parents took turns feeding the chicks with worms, insects, and berries. They fiercely watch the chicks' safety. After a few days the chicks climbed out the nest to perch on the monstera stem. Two days later, one after another flew off with their parents. Although happy for them, my heart sunk. I enjoyed having them, watching their parents' busy activities. Gardening is therapeutic for me. The mini garden attracts the birds. Thus, watching them was a double gardening reward.*



**Morocco dan Aku**  
***Me and Morocco***  
Noor Shariah Ismail

Tercapai impianku untuk menjelajah bumi Morocco (Maghribi) pada 13 hingga 27 Oktober lalu. Salah satu bandar yang inginku lawati adalah Chefchaouen, kota biru unik yang memukau pandangan. Rekabentuk rumah kedai yang unik dengan tanaman hias gantung. Morocco terkenal dengan minyak Argan. Aku berkesempatan melawat kilang yang memproses minyak Argan (digunakan pada makanan dan tujuan kosmetik). Aku teruja melihat pepohon hijau dan bunga segar berkembang indah walaupun ketika itu musim luruh. Melihat sendiri keindahan buminya yang unik, termasuk pohon-pohon, memukau mata memandang, dapat menghilangkan tekanan dan duka lara. Ziz Valley antara lokasi terindah di Morocco.

*I achieved my dreams of exploring Morocco (Maghribi) last October, from the 13<sup>th</sup> to the 27<sup>th</sup> of the month. One of the cities that I wanted to visit was Chefchaouen, a unique blue city with enchanting scenery. The shop houses have a unique design, decorated with beautiful hanging plants. Morocco is well known with Argan oil. I had the opportunity to visit the factory that processed Argan oil (used in food and for cosmetic purposes). I was excited to see the green trees and beautiful fresh flowers blooming even though it was in autumn. Seeing for myself the unique beauty of the land, including its vegetation, was an entrancing experience. It eliminated stress and sadness. Ziz valley is among the most picturesque location in Morocco.*



**Sang Siput!**  
**Snails!**

Norela Sulaiman

Di laman rumah saya terdapat berbagai tumbuhan. Ada pokok bunga berwarna-warni, sayur-sayuran, buah-buahan dan herba. Banyak juga hasil telah di tuai. Ada yang di makan sendiri, ada yang dikongsikan dengan jiran. Tidak semua tanaman saya tumbuh dengan baik. Berbagai cabarannya! Terutama sawi dan pegaga, selalu di makan siput di waktu malam. Di awal paginya semua daun telah habis dimakan. Saya terpaksa pindahkan tunggul sayuran yang masih ada pucuk muda ke dalam bekas yang lain. Saya juga tabur racun siput di sekeliling pasu sayuran. Saya rasa seronok dan terhibur melihat tanaman saya tumbuh subur, tetapi rasa sedih apabila sayuran yang sedang membesar dimamah oleh Sang Siput!

*There are various plants in my front lawn. There are a variety of flowering plants, vegetables, fruit trees and herbal plants. Quite a lot of produce have been reaped. Some are consumed by us, and some was shared with our neighbors. Not all of my plants grow healthy. There are many challenges! Mustard greens and Asiatic pennywort are especially eaten often by snails at night. Early morning we noticed that all the leaves have been eaten. I have to transfer what is left of the stump that still has shoots to another pot. I also sprinkle snail poison around the vegetable pots. I feel happy an entertained finding that the plants grow healthy, but feel sad when the growing vegetables are consumed by the snails!*



**Terapi Alam**  
**Nature Therapy**  
Nor Aniza Ali Shibramulisi

“Tanamlah pokok buah dan sayur, ada hasil, boleh buat umpan cucu balik kampung!”. Itu cadangan saya kepada suami sambil berangan-angan masa depan walhal anak-anak masih di kuliah. Setiap pagi, sebelum keluar ke klinik, saya akan membelai buah dan bunga sambil ‘briskwalk’ di halaman rumah. Alhamdulillah, hirup udara pagi yang segar dan ambil cahaya mentari pagi sebelum panas. Petua orang lama, amalkan sapu muka dengan air embun di daun untuk awet muda. Boleh percaya ke? Saya cuba, sambil berselawat. Ada yang mengatakan, elemen tumbuhan dan alam sekitar pada pagi hari akan menjana aura positif dan menghindarkan elemen negatif tubuh badan. Melihat tanaman boleh jadi terapi, tambah gembira bila hasilnya dikongsi bersama. Jom berkebun, badan sihat, pahala pun dapat.

*“Plant fruit trees and vegetables, with their produce, we can entice our grandchildren to visit us at home!” That was the suggestion to my husband whilst dreaming about the future, even though they are still at the university. Every morning, before going to the clinic I would caress the fruits and the flowers, while brisk walking in the front lawn. I thank Allah for the cool and fresh morning air, and the cool morning sunshine before it gets hot. Tips from the old folks, practice wiping our face with the morning dew from the surface of the leaves for staying young. Would you believe that? I try, with prayers and invocations to the prophet (selawat). There are others who say that plant elements and the environment can generate a positive aura in the morning, and prevent negative elements in the body. Looking at plants can be a therapy, and adds happiness when the yield is shared. So let us do gardening, we attain both health and rewards.*



**'Green Thumb'  
Green Fingers**

Laila Adawiah Abdullah Suhaimi

Sejak kecil, saya selalu ikut abah ke dusun durian. Bermula daripada situ saya minat menanam pokok. Banyak petua yang abah ajar. Abah memang terkenal dengan 'green thumb' nya. Apa yang Abah tanam cepat berbuah. Kini ramai cakap saya mewarisi Abah! Menanam pokok adalah satu terapi terutama melihat pokok yang ditanam tumbuh subur dan berbuah. Bahagia memakan hasil tanaman sendiri. Rasa puas dapat berkongsi rezeki dengan keluarga dan jiran tetangga. Ada juga binatang dan unggas yang mengganggu tanaman, ia tidak mematahkan semangat saya. Menyemai benih yang akan menjadi tujuh tangkai dan seratus biji pada setiapnya pasti akan mendapat ganjaran dari Allah. Insyallah

*Since young, I often follow my father to the durian plantation. From then on I develop an interest in planting trees. My dad shared a lot of tips. Dad has always been known to have green fingers. Whatever he planted the trees bear fruits easily. At present many commented that I had inherited his abilities. Planting trees is a form of therapy especially when we see the plants that we planted grow healthy and bearing fruits. We feel happy to be able to consume produce from our own plants. We feel contented to be able to share what we obtain with our family and neighbors. There are animals and insects that affect the plants but it does not dampen my spirit. Sowing a seed that can develop into seven branches and one hundred seeds on each of them will surely receive rewards from Allah. I thank you Allah.*



**Terapeutik Berkebun**  
***Therapeutic Gardening***  
Meriam Omar Din

Berkebun boleh dilakukan sebagai aktiviti riadah fizikal atau terapi psikologi yang melegakan minda serta menangani tekanan. Pilihlah tanaman mengikut keupayaan masing-masing. Sebagai contoh, berkebun sayur lebih sesuai untuk terapi fizikal, manakala menanam pokok hiasan sesuai untuk menangani tekanan. Hasil berkebun boleh diperluaskan untuk sumber ekonomi mahu pun memberi kepada yang lain. Melalui berkebun, ianya boleh meningkatkan kesihatan diri secara mudah dan menggembirakan. Tidak perlu berteman, kerana tanaman kita itu sendiri sudah menjadi teman. Ia juga mampu mengurangkan pergantungan sosial pada rakan-rakan. Berkebun, terapi yang menyihatkan.

*Gardening can encourage a leisurely physical activity or psychological therapy that relaxes the mind and reduces stress. Choose any plants based on the individual's capabilities. For example, vegetable gardening is more suitable for physical therapy while planting decorative plants is more suitable for managing stress. The produce from gardening or farming can be expanded as a source of economy or to share the yield with others. Through gardening it can help improve personal health and enjoyment. One does not need a companion since the plants itself becomes our companion. It also helps to reduce our social dependence to our friends. Gardening is a therapy that is healthy.*



**Gurindam Berkebun**  
**A Poetry of Gardening**  
Hasmah Harun

Bunga ros bunga mawar  
Perlu dibelai barulah segar

Bromeloid disusun berpasu-pasu  
Menghias taman tak mudah layu

Belimbing buluh hijau dan kuning  
Tak henti berbuah walau disunting

Cili merah cili padi  
Adakala subur, adakala tak jadi

Ada yang gemar daun-daunan  
Ada yang suka bunga-bunga

Laman yang besar mahupun kecil  
Jika diusahakan membuahkan hasil

Yang berjari hijau mahupun panas  
Tak putus asa, berhempas pulas

Mari berkebun, berkebun itu terapi  
Keringat membasahi dahi dan pipi

Tangan memegang tanah  
Mata memandangi hijau  
Bibir tak keluh kesah  
Hati buat seketika hilanglah risau

Merengung ciptaan Ilahi  
Mensyukuri nikmat Allah

Roses, oh roses!  
Exhibiting poetry unlike a prose

Bromeliad arranged in pots after pots  
Decorating the garden at various spots

Bamboo belimbing yellow and green  
Never stop fruiting even when pruned

Red chili bird's eye chili  
Sometimes thriving sometimes droopy

Some like leafy plants  
Others prefer flowering plants

Whether a big or a small lawn  
Will yield produce when worked on

Whether having green or hot fingers  
Never give up, continue your struggles

Lets do gardening, it's a therapy  
Dripping with sweat but feeling happy

The hands filled with earth  
The eyes see the greens  
The lips smile seeing what is worth  
The heart flickers with a grin

Starring deep into Allah's creation  
Ever so grateful, difficult to mention

