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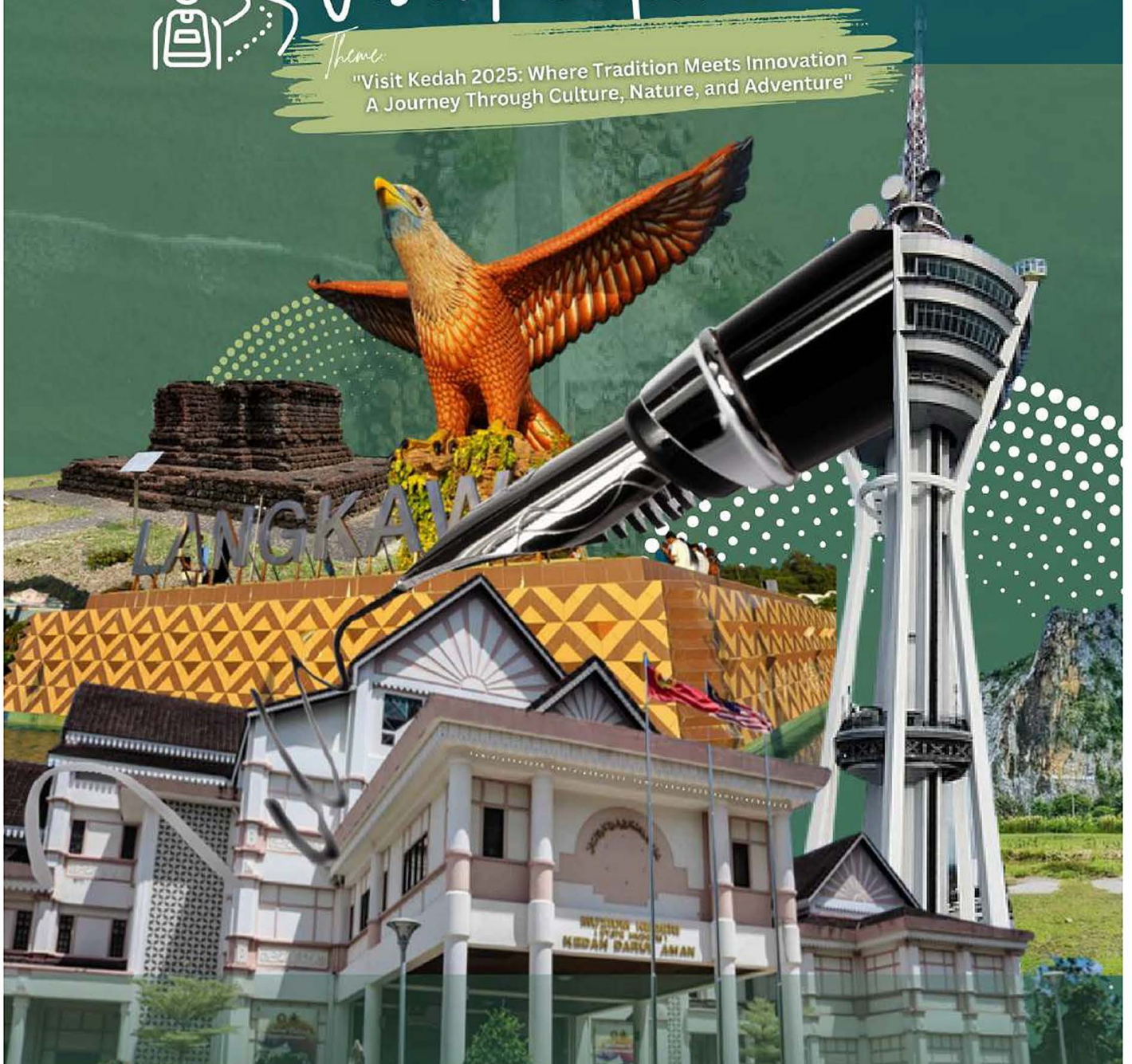


APB Kedah (e-magazine)

SPECIAL ISSUE EPITOME

Visit Kedah 2025

Theme:
"Visit Kedah 2025: Where Tradition Meets Innovation –
A Journey Through Culture, Nature, and Adventure"





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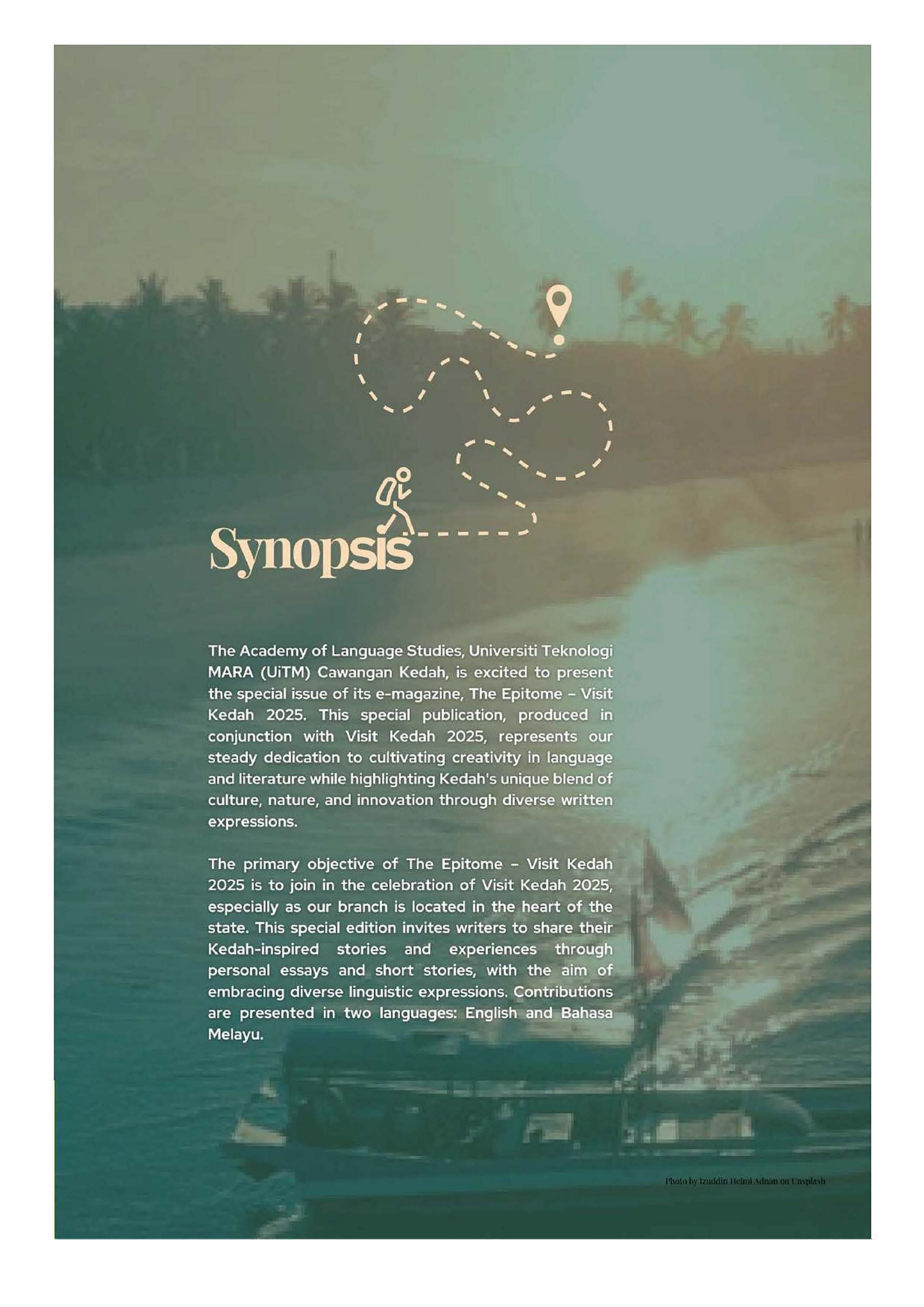
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Synopsis

The Academy of Language Studies, Universiti Teknologi MARA (UiTM) Cawangan Kedah, is excited to present the special issue of its e-magazine, *The Epitome – Visit Kedah 2025*. This special publication, produced in conjunction with Visit Kedah 2025, represents our steady dedication to cultivating creativity in language and literature while highlighting Kedah's unique blend of culture, nature, and innovation through diverse written expressions.

The primary objective of *The Epitome – Visit Kedah 2025* is to join in the celebration of Visit Kedah 2025, especially as our branch is located in the heart of the state. This special edition invites writers to share their Kedah-inspired stories and experiences through personal essays and short stories, with the aim of embracing diverse linguistic expressions. Contributions are presented in two languages: English and Bahasa Melayu.

face of Kedah

Mr. Azlan Abdul Rahman

Head of Faculty
Akademi Pengajian Bahasa (APB)
UiTM Kedah Branch

Welcome to this special edition of Epitome, where we embark on an exciting journey through the rich heritage, stunning landscapes, and vibrant culture of Kedah – one of Malaysia's most beloved and fascinating states.

As we look ahead to Visit Kedah 2025, this issue invites you to explore the treasures that await in this beautiful destination. From the serene beauty of Langkawi's beaches to the historical charm of Alor Setar, Kedah offers something for every traveller. Whether you are an adventure seeker, a history enthusiast, or someone simply in search of tranquillity, Kedah has it all.

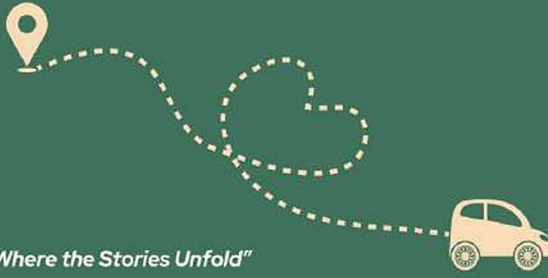
In the pages ahead, we delve into the many faces of Kedah, capturing the essence of its natural wonders, cultural landmarks, and unique experiences that define the state. Our stories, articles, and photographs will transport you to places where the past and present come together in perfect harmony – where lush green paddy fields stretch as far as the eye can see, and the rich flavours of local cuisine tantalize the senses.

Visit Kedah 2025 isn't just a campaign; it's an invitation to connect with the heart of Malaysia. It's an invitation to discover the unforgettable experiences that make Kedah a must-visit destination for travellers from around the world. In this edition, we hope to inspire you to plan your own journey to Kedah, whether it's to explore its breath-taking landscapes, immerse in its cultural heritage, or simply take in the warm hospitality of its people.

As you turn these pages, may you feel the spirit of Kedah calling to you – the call to discover, explore, and experience all that this incredible state has to offer.

Thank you for joining us on this exciting adventure. We hope to see you in Kedah in 2025!





Kedah, Where the Stories Unfold"

As the Chief Editor of Epitome, it gives me great pleasure to present this special edition in celebration of Visit Kedah Year 2025—an ode to a land where history, heritage, and heart live in every corner.

Nestled in the warm embrace of the northern Peninsula, Kedah is more than just Malaysia's rice bowl. It is a living canvas where time whispers through the ancient stones of Bujang Valley, dances across the rippling paddy fields, and echoes through the melodic drawl of the Kedahan dialect. Each tale we share in this issue draws its breath from Kedah's unique rhythm—where old meets new, tradition hugs the modern, and culture is not just remembered but lived.

From the misty peaks of Gunung Jerai, which once guided ancient mariners, to the shimmering flow of Sungai Merbok, where history quietly flows, Kedah's ecological richness is a story waiting to be told. Its mountains are guardians of myths; its rivers, keepers of memory. The lush rainforests, secret waterfalls, and wild orchids—all are pieces of a vibrant narrative woven by nature itself.

Yet, it is Kedah's people who breathe soul into this land. The warmth of pasar malam banter, the flavours of authentic laksa Kedah, the grace of traditional dance, and the way elders tell stories in that soft, endearing dialect—it all becomes poetry in motion. And in this special issue, we invite you to read, feel, and immerse yourself in the charm, wit, and wonder of Old Kedah and New Kedah alike.

Through creative fiction, heartfelt essays, and evocative poetry, Epitome brings together voices that sing of Kedah's mountains, rivers, food, language, and legacy. We hope this edition will not only inspire a visit but stir something deeper—a connection to the essence of a land that has long cradled Malaysia's earliest civilizations and continues to nurture its cultural heart.

Let the pages transport you to Kedah Darul Aman—a realm of peace, a sanctuary of stories.

Warmly,

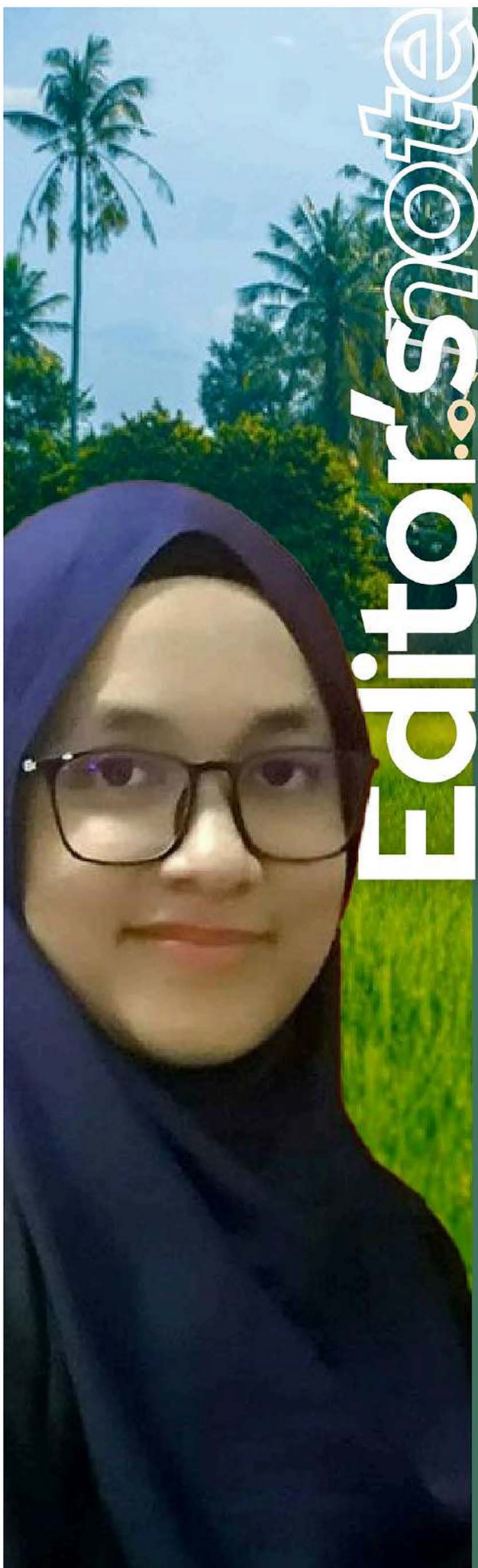
Razanawati Nordin

Chief Editor

THE EPITOME 2025

Editor's note





Editor's Note



It is with great pleasure that I present to you this special issue of The Epitome in conjunction with Visit Kedah 2025. I would like to extend my heartfelt thanks to the Head of Department for initiating this wonderful idea. As a proud Kedahan working in Kedah, I instantly agreed to be part of this project, knowing how close it is to my heart.

Reading the personal essays and short stories submitted by our contributors has been a truly enjoyable experience. I found myself smiling, reminiscing, and even imagining familiar places through their words. What makes this issue even more exciting is that some contributors are not originally from Kedah, yet they have beautifully shared their own reflections and experiences related to this charming state. Their fresh perspectives reminded me of the beauty I sometimes take for granted, having been born and bred in Kedah.

To all our contributors: thank you for your creativity, your voice, and for allowing us to travel through your narratives. Your stories have added soul and colour to this edition, and I hope our readers enjoy the journey through Kedah just as much as I did.

With appreciation,

Dr. Nur Syazwanie Mansor

Chief Editor, The Epitome
A Proud Kedahan

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CULINARY & EXPLORATION





Meneroka Selera Langkawi:

Crab Farm Langkawi & Mee Udang Ketam Tg Pandan Destinasi Hidangan Laut Segar dan Keunikan Rasa

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Pulau Langkawi merupakan sebuah destinasi percutian ikonik di utara tanah air, permata negeri Kedah yang indah. Pulau ini boleh dikunjungi melalui jalan air dan udara, sama ada menaiki feri dari Jeti Kuala Perlis atau Kuala Kedah, ataupun melalui penerbangan terus ke Lapangan Terbang Antarabangsa Langkawi. Selain menikmati keindahan semula jadi dan meneroka gugusan pulau-pulau kecil yang memukau, Langkawi juga menawarkan pelbagai hidangan tempatan yang menggamit selera.

Salah satu lokasi menarik untuk pengalaman kulineri unik ialah Crab Farm Langkawi, yang terletak di bahagian utara pulau berhampiran Jeti Geotrail Kubang Badak. Jauh dari kesibukan bandar, tempat ini menjanjikan pengalaman santai dengan hidangan yang sangat berbaloi. Oleh kerana ianya terletak jauh di utara Langkawi, di sepanjang perjalanan ke sini, pengunjung dapat melihat pelbagai jenis pusat jualan, lokasi rekreasi dan taman Geopark sambil menikmati keindahan panorama Langkawi.

Menu utama di Crab Farm Langkawi tentunya ketam segar yang boleh dipilih sendiri berdasarkan saiz dan harga pilihan. Ketam-ketam di sini diperoleh terus dari ladang, memastikan kesegaran dan kualiti terbaik bagi pilihan pengunjung. Bagi penyediaan masakan pula, terdapat pelbagai pilihan menu, namun jika pengunjung mempunyai cita rasa tersendiri, permintaan khas juga boleh dipenuhi. Masakan tempatan yang kaya dengan rempah asli dan sentuhan tradisional dan moden menjadikan setiap hidangan begitu istimewa dan menggamit selera.



Gambar 1: Pelbagai menu menarik sedia dihidangkan inspirasi dari resepi penduduk tempatan serta menu utama masakan bersama ketam di Crab Farm Langkawi. (Sumber: Koleksi peribadi penulis)

Gambar 2: Laktud (latok/sea grapes) yang semakin sukar di dapati di semenanjung Malaysia diusahakan penduduk tempatan dengan kolaborasi MARES UiTM Cawangan Perlis yang berjaya menjadi tarikan dan sumber pendapatan alternatif di Crab Farm Langkawi. (Sumber: Koleksi peribadi penulis)



Selain ketam, laktud (latok / sea grapes) juga menjadi tarikan utama di Crab Farm Langkawi. Berpunca dari kesan pembangunan dan perubahan iklim, laktud kini semakin sukar ditemui, namun melalui kerjasama antara Stesen Penyelidikan Marin (MARES) UiTM Perlis, dan komuniti setempat, kolam tanaman laktud yang lestari berjaya diwujudkan. Hidangan ini bukan sahaja memberikan pengalaman unik, malah jika dipadankan dengan pelbagai menu makanan laut seakan-akan anda sedang menikmati makanan laut segar dari Okinawa, Jepun.



Bagi mereka yang mempunyai masa lapang di Langkawi, sesudah ke utara, destinasi seterusnya berada di selatan Langkawi iaitu Pulau Tuba, pulau berpenghuni kedua terbesar di Langkawi bersebelahan Pulau Dayang Bunting. Perjalanan ke sini memberikan pengalaman yang berbeza bergantung kepada bajet dan pilihan pengunjung. Kebanyakan pengunjung menaiki bot yang disediakan oleh Koperasi Komuniti Kepulauan Tuba & Selat (KOPTUBAS) dengan tambang RM5 sehala sambil menikmati pemandangan Pekan Kuah. Bagi mereka yang menginginkan pengalaman eksklusif, perkhidmatan kapal layar yang menawarkan pemandangan matahari terbenam menjadi pilihan, manakala pencinta aktiviti lasak boleh mencuba jet ski untuk menjelajah ke pulau ini.

Gambar 3: Pemandangan indah pantai Tanjung Pandan, Pulau Tuba yang menjadi pembuka selera di samping menikmati hidangan lazat dengan menu utamanya Mee Udang Ketam Tanjung Pandan. (Sumber: Koleksi peribadi penulis)



Gambar 4: Sederhana tetapi mewah adalah ungkapan yang tepat bagi menggambarkan menu pilihan Mee Udang Ketam Tanjung Pandan dengan udang dan ketam yang besar serta segar. (Sumber: Koleksi peribadi penulis)



Antara hidangan istimewa yang wajib dicuba di Pulau Tuba ialah mee udang ketam, dengan lokasi paling popular yang menjadi tumpuan Mee Udang Ketam Tanjung Pandan. Terletak berhadapan dengan Stesen Penyelidikan Marin (MARES), gerai sederhana ini sentiasa dikunjungi ramai, terutama pada musim cuti dan hujung minggu. Udang segar bersaiz besar yang dihidangkan dalam kuah mee yang enak serta harga yang berpatutan menjadikan hidangan ini begitu digemari dan mesti-cuba. Seusai menikmati mee udang, pengunjung boleh bersantai dan mandi di pantai Tanjung Pandan ini.

Menikmati mee udang di sini bukan semata-mata memenuhi selera, malah suasana pantai yang indah dengan pasir putih dan angin laut yang menyapa mencipta pengalaman yang sukar dilupakan. Keistimewaan hidangan ini juga mendapat perhatian MARES, dengan kolaborasi bersama UiTM Perak, mee udang yang terkenal di sini dijadikan sebagai subjek mural di bangunan stesen penyelidikan, mengabadikan warisan kuliner Pulau Tuba.

Bagi pencinta makanan, Langkawi bukan sekadar destinasi percutian biasa. Dari ketam segar di Crab Farm Langkawi hingga mee udang di Pulau Tuba, setiap suapan membawa cerita dan pengalaman tersendiri. Jadi, jangan lepaskan peluang untuk meneroka kepelbagaian rasa di Langkawi dan nikmati sendiri keunikan kulinarnya!



Gambar 5: Mee udang merupakan menu tersohor di Pulau Tuba, Langkawi menjadi pilihan mural di bangunan Stesen Penyelidikan Marin (MARES) UiTM Cawangan Perlis bersama rakan kolaborasi UiTM Perak mengabadikan warisan kuliner ini.
(Sumber: Koleksi peribadi penulis)



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