

Newsletter August 2016

Rooibos & Gardening

The antioxidant-rich Rooibos tea is best-known for its health benefits, but it's also a must for every garden. Here are a few reasons why:

- Rooibos makes a fantastic natural fertilizer as it contains nutrients and trace minerals beneficial to plant growth.
- Rooibos tea leaves enrich the soil by increasing the nitrogen levels, whilst giving earthworms something nice to munch on.
- Rooibos is a very effective biological pest deterrent.
- Rooibos mixed with potting soil, it provides an excellent growing medium.
- The tea reduces germination of weeds through the formation of an insulating layer above the soil, thus facilitating cleaner seedbeds and pot plants.
- Contrary to the belief that all tea makes soil acidic, Rooibos doesn't. The efficient microbes in the soil (the good bugs) actually thrive on Rooibos tea leaves.



Rooibos mulch also forms a crusty layer on the soil after a few waterings, which reduces water loss through evaporation and is therefore ideal for reducing stress on young transplants and contributes to considerable water saving.

DIY Rooibos gardening tips and tricks prepared by the Rooibos Council:

- Instead of throwing away your used Rooibos tea leaves or bags, use it along with other vegetable and fruit peelings to make a balanced compost mix.
 - Use Rooibos tea bags for cleaning the leaves of household plants. Since plants absorb the tea through the leaves, they get a real treat.
- When potting a new plant, use Rooibos tea leaves or tea bags (dried or steeped) in the drainage layer at the bottom of the pot. Since tea is highly absorbent, it will help absorb water that will then get released slowly back into the plant.

Who is SARC?

The South African Rooibos Council (SARC) is an independent organization, representing Rooibos processors, packers and branders. Its mission is to responsibly promote Rooibos and its attributes to the consumer, and protect the interests of the Rooibos consumer and SARC stakeholders. This mission is supported by effective research and communication.

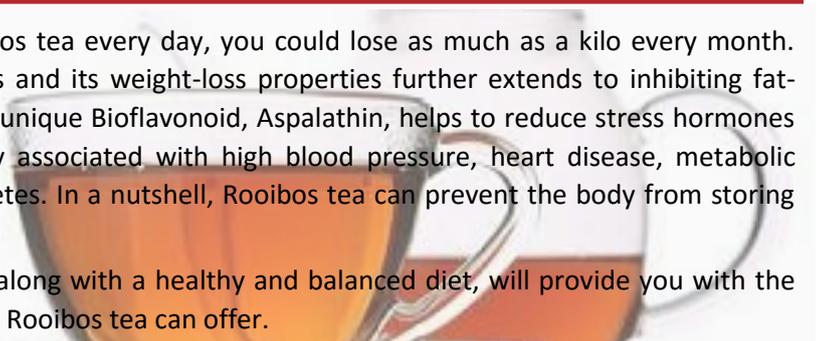
SARC's vision is to:

1. Use available resources to effectively and efficiently promote, grow and protect the Rooibos industry of South Africa for its stakeholders, locally and internationally.
2. Support appropriate research and communication to promote the benefits of Rooibos.
3. Respond to threats and crises in the Rooibos industry on behalf of its stakeholders and to protect the interests of the consumers.
4. Disseminate relevant information to facilitate consistent product quality and adequate supply.

Weight loss

By swapping just one cup of coffee for Rooibos tea every day, you could lose as much as a kilo every month. Rooibos tea contains no fat or carbohydrates and its weight-loss properties further extends to inhibiting fat-storage hormones within the body. Rooibos's unique Bioflavonoid, Aspalathin, helps to reduce stress hormones that trigger hunger and fat storage, typically associated with high blood pressure, heart disease, metabolic syndrome, insulin resistance and Type 2 diabetes. In a nutshell, Rooibos tea can prevent the body from storing and even forming new fat cells.

Drinking up to six cups a day – hot or cold – along with a healthy and balanced diet, will provide you with the maximum health and weight-loss benefits that Rooibos tea can offer.



Rooibos Chai Smoothie

Rooibos Face Scrub

A mixture of Rooibos tea leaves and honey will do wonders for your skin, by removing dead skin cells and smoothing the skin. Use gentle, circular movements to rid your skin of dead skin cells.

Rooibos properties:

- Rooibos contains strong antioxidants that help protect the skin from environmental factors including pollution and UV damage
- It has anti-allergic properties to soothe irritated skin
- It has anti-inflammatory properties to calm skin and help fight acne.



Ingredients for 1 serving

- 1/4 cup of brewed chai rooibos tea, cooled to room temperature
- 1/2 medium-ripe banana
- 1/2 cup full fat coconut milk
- 1 or 2 tbs of raw honey
- 1/2 tsp of ground cinnamon
- 1/4 tsp of ground ginger
- Ice - couple of handfuls
- Optional: add a protein powder

Step-by-step

1. Add all of the above ingredients and ice to a blender
2. Blend until creamy smooth
3. Garnish with banana slices and a sprinkle of cinnamon if desired

Handy tip:

This simple chai tea smoothie is a slightly sweet and definitely spicy treat; and is gluten-free and dairy-free.

Cup o' Facts

- Rooibos is not a true tea, but a herb. The brew made from the dried Rooibos leaves is therefore a herbal infusion (known as a tisane) rather than a tea, but is widely known as Rooibos tea.
- Rooibos has a distinctive colour, flavour and aroma, which differentiates it from most other teas. The flavour can be described as slightly sweet and fruity.
- Green Rooibos is made from the same plant as traditional Rooibos. The only difference is in the processing. For traditional Rooibos, the green leaves and stems of the plant are crushed and "fermented" before drying.
- In the case of green Rooibos, the fermentation process is skipped, and the "green" leaves and stems are dried directly.

- Rooibos is a fynbos species within the Cape Floral Kingdom, one of only six recognised floral kingdoms of the world.

