

Newsletter June 2017

Rooibos Experience

The South African Rooibos Council (SARC) hosted its inaugural Rooibos Experience at the Root 44 market in Stellenbosch on the weekend of 22 April. The festival celebrated the culture and cuisine of rooibos and was well-received by tourists and locals alike. Some of the Rooibos experiences on offer was the Nuwe Graskoue Trappers (the Rieldancers from Wuppertal who danced up a dust storm), gin, beer, wines, liqueurs, smoothies, slushies, health shakes, beauty products, cookies and cakes, dog food... all containing Rooibos!

A large marquee housed nearly 40 specially selected rooibos traders who showcased only the best that rooibos has to offer.

Many South Africans may have grown up with rooibos in the home, but don't know much about its origin, how it is grown and what benefits it offers them. Festival-goers were surprised to learn about rooibos' many uses and how versatile the plant is. In SA, there is a whole lot more that could be done to capitalise on heritage tourism and the Rooibos Council started that

process through this year's Rooibos the future process through this year's Rooibos Experience, which we will build on in the future.

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.



Rooibos beauty hacks

Working for hours on the computer certainly puts strain on your eyes. To refresh your sore eyes, simply wash them with lukewarm rooibos tea. Otherwise, soak a clean washcloth in

the tea and wipe your eyes with it. Placing a frozen rooibos teabag on your eyes also provides immediate relief.



Rooibos Nutty Smoothie

Stay healthy this winter with a protein-packed cinnamon and nuts smoothie.

Ingredients for 1 serving:

- 2 – 3 rooibos tea bags
- 250 ml boiling water
- 1 – 2 bananas
- 250 ml almond milk
- 1 tablespoon smooth peanut, cashew, or almond butter
- 1 tbsp. vanilla protein powder
- 1 tsp liquid honey, optional
- 10 – 15 ml lemon juice
- Sprinkle on cinnamon (optional)

Method:

1. Put the rooibos bags in a teapot or heatproof jug and pour over the water. Steep for 8 to 10 minutes, then remove the bag. Leave to cool.



- Put the tea, bananas, almond milk, peanut/cashew/almond butter and protein powder into a blender and process until smooth.
- Sweeten to taste with honey and pour into glasses. Serve immediately or transfer to a thermos.

Nagoya Protocol: Overview

The Nagoya Protocol on Access to Genetic Resources and the Fair and Equitable Sharing of Benefits Arising from their Utilization (ABS) to the Convention on Biological Diversity is a supplementary agreement to the Convention on Biological Diversity. It aims to provide a transparent legal framework for the effective implementation of one of the three objectives of the CBD: the fair and equitable sharing of benefits arising out of the utilization of genetic resources. This framework aims to:

- Establishing more predictable conditions for access to genetic resources.
- Helping to ensure benefit-sharing when genetic resources leave the provider country.

KEW State of the World's Plants Report



The Royal Botanic Gardens (KEW) recently released its State of the World's Plants Report 2017, titled *Unearthing the Valuable and the Vulnerable*. It considers the effects of climate change, wildfires, diseases on plant health and vulnerability. The report, compiled by 128 scientists from 12 countries, recorder 28 187 species plants with a medicinal use. The Report includes

news of the exciting discoveries of seven new species of Rooibos. Climate change is causing increases in drought, fires, temperatures and CO². The Chapter on Climate Change reveals that plants with more efficient water use strategies, thicker leaves and bark and deeper roots are better able to cope with future climate change.

"It's an exciting time to be drilling into data on the plant world. Plants are the foundation of the world's ecosystems and hold the potential to tackle some of our most pressing issues, as we try to strike a delicate balance between our needs and those of the natural world." (Prof. Kathy Willis, director of science, RBG Kew).