

Newsletter May 2018

The 2018 Rooibos Experience in pictures

The 2018 Rooibos Experience attracted a diverse crowd of Rooibos supporters who enthusiastically tasted and tested several Rooibos products. The exhibition was greatly supported by Annique, Rooibos Limited, Audacia and Stellenbrau, as well as many newcomers to the Rooibos industry. The newcomers are predominantly small businesses who actively made use of this opportunity to introduce their products to the visitors at the market. The Nuwe Graskoue Trappers from Wupperthal performed their unique dance routine to a crowd of more than 6000 people on the Sunday.



Rooibos Kombucha

Kombucha is a rising star in health circles of the Western World, but it has in fact, been around for thousands of centuries in the east. This fermented, live drink with a flavour reminiscent of apple cider, is said to first appear in records dating back to 221 BC in China and was known as 'The Tea of Immortality'.

Kombucha can easily be made with Rooibos.

Ingredients for 2 litres

2 l boiling water

4 rooibos teabags

125 ml unrefined cane sugar

250 ml kombucha tea from previous batch

kombucha SCOBY

glass mason jars to brew in

muslin or cheesecloth to cover

string or a rubber band to seal

Method

1. Bring water and tea bags to a boil
2. Put tea bags in boiling water and bring to a boil. Switch off heat and let it steep for 15 mins. When slightly cooled down, add sugar and stir until dissolved.
3. Pour tea in clean, glass mason jars with wide necks.



Let it cool down and, add the tea from the previous kombucha batch and stir (note: clean the jars with boiled water only).

3. Add the SCOBY to the room-temperature tea. Cover the top of the jar with cheesecloth or muslin - ensure it does not come into contact with the SCOBY. Leave sealed in a warm spot, but away from direct sunlight for 7-10 days.
4. Once you feel your brew has reached the correct flavour profile, scoop the SCOBY out and place into a clean jar along with enough brew to keep it covered.
5. Decant the remaining tea into smaller mason jars and add flavourings if using.
6. Flavourings can be added in quantities depending on the

strength of flavour you prefer, such as slices of fresh apple, vanilla pod, freshly picked mint leaves, fresh ginger, cloves, star anise.

Purchase a SCOBY at:
faithfultonature.co.za or
theprohealthshop.com



Gardening with Rooibos & cinnamon



Used Rooibos tea bags can easily be recycled as a natural fertiliser in the garden, as it contains nutrients and trace minerals good for plant growth. Rooibos tea leaves also enrich the soil by increasing the nitrogen level and give earthworms something to munch on.

If you're planting cuttings, rather put ground cinnamon on the stem of the

cuttings you want to root instead of growth hormone. Cinnamon acts as a potent fungicide and will encourage the stem to produce more stems, while helping to prevent the fungus that causes damping-off disease.

One of the best-kept secrets is to break open steeped Rooibos tea bags and to sprinkle the tea leaves around the plants to deter snails and other unwanted pests, as it is a very

effective biological pest deterrent. Also, rooibos doesn't increase the soil's acidity. The efficient microbes in the soil (the good bugs) actually thrive on rooibos tea leaves. The tea reduces the germination of weeds through the formation of an insulating layer above the soil, thus facilitating cleaner seed beds and pot plants. Rooibos is also low in tannins and is beneficial to both plant and root development.