

# Newsletter December 2018

## Rooibos jewellery by Anna Hall

Anna Hall is a contemporary jeweller whose work approaches issues of sustainability and value in a unique and inventive way.

She encourages you to question preconceptions of jewelry by juxtaposing traditional techniques with previously discarded unconsidered materials, often utilising objects that traditionally serve a single purpose and are discarded. By incorporating these objects into wearable items, they are gaining a new function and encourage us to stop overlooking the



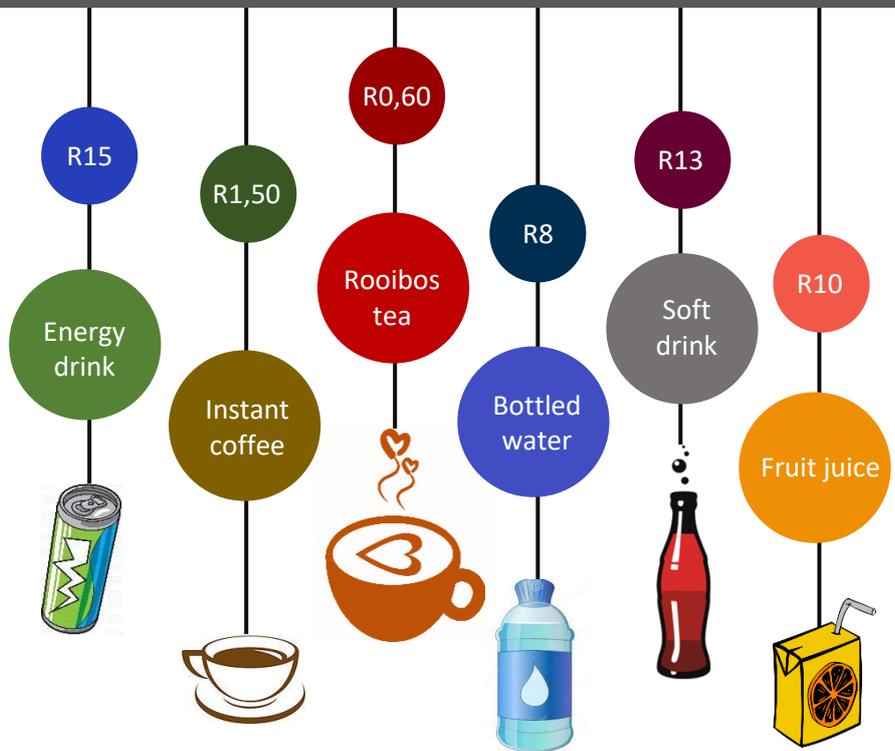
things we consider to be mundane and every day. In her current series 'The Tea Collection', Anna has transformed recycled teabags into

An eco-friendly alternative to precious stones and beads which are used to create distinctive and desirable objects.

## The affordability of Rooibos

Following increases in fuel levies and VAT, food and beverage prices have gone through the roof. Sweltering temperatures will also see consumers spending more on beverages as they reach for the fridge to quench their thirst. Doesn't matter which way you look at it, more money will be spent on drinks these holidays, which could start tugging on the purse-strings.

Rooibos tea offers great value for money, given its abundance of antioxidants and other health promoting compounds, which protect against chronic illnesses, such as heart disease and diabetes. Rooibos is naturally sweet and additional sweeteners, such as sugar isn't necessary, which adds to its appeal.



Above is a snapshot of how much consumers are currently paying per serving of their favourite drink based on average supermarket prices.

## Rooibos protects against adverse effects of UVB

From a soothing beverage to beauty elixir, Rooibos tea is one versatile brew. Now researchers have discovered that it can also undo some of the damage caused by the sun's harmful rays.



The Distilled Spirits Council of the United States (DISCUS) awarded the American mixologist and cocktail trendsetter Christy Pope for her sophisticated and innovative approach to craft cocktails. She focuses on using new herbs and spices, fermentation processes, superfoods and health food ingredients, and swapping out fruit for vegetables.

Forget the traditional cocktail, your craft cocktail might be served up in



For the past 11 years, scientists from the SA Medical Research Council (MRC) and Cape Peninsula University of Technology (CPUT) have been involved in studying how Rooibos protects against inflammation in skin cells, since chronic inflammation is one of the hallmarks of skin cancer development.

Prof Wentzel Gelderblom, based at CPUT's Institute of Biomedical and Microbial Biotechnology has been one of the lead researchers involved in the Rooibos study.

He says once the skin has been exposed to the sun's ultra-violet (UV)

rays, Rooibos extracts have the ability to remove precancerous damaged cells and also block the onset of inflammation. It does so by stopping the multiplication of cancerous cells and removing these cells through programmed cell death, in other words, prompting them to die.

It's the abundance of polyphenols (antioxidants) – natural compounds found in Rooibos – which gives it its restorative power. These compounds are linked with the prevention of various chronic disorders, including skin cancer.

## The US-meets-SA Rooibos cocktail

anything from a recycled bottle to a cocktail fountain, garnished with a small bouquet of herbs or a swirl of caramelised sugar art, to satisfy the needs of keen 'drinkstagrammers'.

Christy, whose skills have helped propel the success of New York's Milk & Honey, Cuffs & Buttons and Midnight Rambler cocktail venues, now included Rooibos in her mix.

She prefers authentically South African ingredients, such as Rooibos as it pairs well with American whiskeys, honey, herbs and fruit.

To make Christy Pope's US-meets-SA Rooibos cocktail at home, you need to mix the following:

- 15ml Lemon Juice
- 11.25ml Ginger Syrup
- 11.25ml Fynbos Honey Syrup
- 90ml Rooibos Tea
- 60ml Vodka or Tequila



*Christy Pope and colleague Chad Solomon at a recent tasting in South Africa*

Method:

Combine all ingredients in a glass jug. Leave in the fridge until well chilled. Serve on ice with fresh cherries and grated nutmeg on top.