

Newsletter April 2019

Rooibos Science Café

The 2019 Rooibos Science Café was hosted by SARC and WESGRO at the InvestSA One-Stop-Shop in Cape Town on 2 April 2019. The purpose of the Science Café was to showcase the research studies being conducted on Rooibos' potential to reduce allergies, heart disease, diabetes and skin cancer.

Rooibos is a good source of unique and beneficial bio-actives such as antioxidants, different to those found in other teas, fruits and vegetables and is particularly rich in phytochemicals such as flavonoids and polyphenols, which contribute to its health benefits.

The following researchers presented their findings: Jeanine Marnewick (Heart health); Jonny Peter (Allergies); Christo Muller & Sylvia Riedel (Metabolic diseases); Jeanine Marnewick, Tandeka Magcwebeba, Stefan Abel, Mariska Lily, Leana Keet, Sedicka Samodien (Skin cancer); Simeon Davies (Sport/exercise performance); Hanel Sadie (Obesity study); and Emiliana Imperial (ARVs and heart health).

“Due to the large and growing use of natural derived substances for healthy living all over the world, it is imperative that SARC obtains reliable data as to Rooibos’ healing potential, since many other herbal-based treatments lack definitive evidence.” Joe Swart, SARC Director: Research



Rooibos and Chocolate



The chocolate industry that services tons of chocoholics the world over is on a mission to make their product more appealing to the health-conscious consumer by incorporating superfoods as a main ingredient, and Rooibos is just one of many that have cracked the nod.

Rooibos and chocolate shared many similar characteristics, and it paired well with white chocolate as the tea's citrusy undertone cuts the richness

of the chocolate, while the smokiness of rooibos also compliments the nuttiness of hazelnut milk chocolate.

Currently Le Chocolatiers biggest seller is the rooibos praline, which is a combination of white and milk chocolate with a concentrated rooibos tea ganache. It's a combination loved by both locals and tourists.

Horses meet Rooibos

Beryl Shuttleworth's love for horses and Rooibos triggered the development of a supplement for horses with itchy skin. Beryl became the owner of Sarge, a retired racing horse, but with an annoying skin condition. Having grown up in the Cederberg area, she knows the goodness of Rooibos well. When all else failed to alleviate Sarge's itchy skin, she started to feed him Rooibos with his food mix and his skin problem cleared up in no time. It seems that the bioflavonoid in

Rooibos, aspalathin, is a potent anti-oxidant that benefits horses just as well as humans. The bioflavonoid 'mops up' the free radicals by binding to them and thus making them harmless.

Based on how good the horses' health improved after adding Rooibos to their feed mix, Beryl developed a supplementary range specifically for horses. This range



consists out of Rooibos as the main ingredient, with a blend of different herbs such as turmeric, spirulina, echinacea, passion flower and hops.



Rooibos smoked salmon

INGREDIENTS

2 salmon fillets

12 rooibos tea bags (tea leaves removed from the bags) mixed with 1 cup uncooked rice and 30 – 45ml water

½ small cucumber, chopped, to serve

METHOD

1. Line a wok with 4 layers of foil, allowing the edges to overhang. If your wok doesn't have a lid, you'll

need extra foil to lock in the smoke.

2. Spread the tea mixture over the base and heat the mixture until it just starts to smoke.

3. Place the salmon fillets in an oiled steamer or on a wire rack. There should be a gap between the tea mixture and the fish to allow the food to smoke. Cover with foil or a wok lid and cook for 10 – 12 minutes.

4. Serve with chopped cucumber.