



The Villager

August • 2025



BOOT SALE – 23 AUGUST

Doggy Walk & Pop-Up Movie – 18 October

The Vital Role of Paper Books

Lamb Potjie Recipe



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The Villager focuses on Irene Farm Villages. The magazine is distributed digitally to each resident on the estate. The magazine is co-ordinated and published by Estates in Africa (Pty) Ltd trading as EIA Publishing, on behalf of the Home Owners Association of Irene Farm Villages. The opinions of contributors and personnel of Estates in Africa (Pty) Ltd do not necessarily reflect those of the HOA of Irene Farm Villages.

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Deadline for Advertising in the September 2025 edition:
15 August 2025



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Anna-Mart Steyn

Dear Residents,

As we head into the last stretch of winter, Irene greeted us with a frosty 1°C this morning! The days may be cold, but our community spirit is as warm and lively as ever. Here's what's coming up, along with a few important notices and reminders – so grab your diary and mark the dates.

COMMUNITY EVENTS & NOTICES

Boot Sale – Saturday, 23 August

08:30 – 12:00

Primrose Park

Clear out your cupboards, make some cash, and connect with neighbours by selling from the boot of your car. You might even spot a hidden gem from

someone else's table!

For our young entrepreneurs – set up your gazebos and sell your crafts, toys, or sweet treats. It's a great way for kids to join in the fun.

Book your spot: Estate Office – 012 662 3505 (ext. 1)

Doggy Walk & Pop-Up Movie – Saturday, 18 October

Our much-loved annual dog walk is back, followed by a family-friendly outdoor movie under the stars. Pets, kids, and neighbours – everyone's welcome!

Full details and booking info will be handed out at the gates closer to the time. Keep an eye on the estate notice boards and WhatsApp groups for updates.



**Annual General Meeting (AGM)
Wednesday, 8
October**



18:00

Pierre van Ryneveld Community Church

Your chance to stay informed and have your say in how our community is run. Let's keep our proud streak going – three years with no postponements due to attendance!

**Rule Change Proposals – AGM
2025**

We invite residents to submit fully drafted proposals for new rules or amendments. Please ensure they:

1. Comply with SA law, local bylaws, and our HOA Memorandum of Incorporation
2. Fall within the HOA board's authority
3. Serve a legitimate community interest (e.g., safety, property value, quality of life)
4. Are reasonable and not overly restrictive
5. Use clear, objective wording
6. Align with existing rules and apply equally to all homeowners
7. Include an enforcement process (e.g., fines, loss of privileges)

Send proposals to:

estatemanager@irenefarmvillages.co.za

NEW & USEFUL

One Link for All Queries

We now have a single online form for all requests, reports, and feedback – from maintenance issues to suggestions and compliments.

Submit here:

<https://forms.office.com/r/FKvjHu88qh>

Thank you to those already using it – please share with your neighbours!



Extended Office Hours

The estate office will now open on the last Saturday of each month, 08:00-12:30, to make it easier for residents who can't visit during the week.

Next date: Saturday, 30 August



Security Update

Please welcome Sean Dick, our new Security Contract Manager from Thorburn. Sean's professional, hands-on approach is already making a difference – thank you for the positive feedback about our team's friendliness and efficiency.



E-Waste Collection

Old cables, broken electronics? Pop them in a green waste bag, label "electronic waste," and place them out on Thursdays. MPact will collect and dispose of them responsibly.



Photo by John Cameron on Unsplash

REMINDERS

Parking on Lawns

Rule 4.5.4.1: No parking on lawns for more than seven days (except during a function). A maximum of four vehicles may be parked on a driveway during normal daily use. Let's keep our estate neat and uniform.



Water Leaks in a Dolomite Area

Leaking water meters pose a geological risk. Report immediately via: <https://www.e-tshwane.co.za/eTshwane/lodge-query>

Tip: Mention you live in a dolomite area so your request is prioritised.

Dog Safety

A recent incident involved a dog biting another pet after escaping its yard. Please make sure gates, fences, and access points are secure at all times – a safe estate is everyone's responsibility.



Photo by Kevin Butz on Unsplash

Thank You, Irene Residents!

From submitting rule ideas to caring for pets and using the new online form – your efforts keep our community safe, friendly, and well-run.

Stay warm, stay active, and stay connected.

Warm regards,
Anna-Mart
Estate Manager

IMPORTANT NUMBERS

Police Emergency	10111
Lyttelton Police Station	012 644 8600
Pierre van Ryneveld Community Policing Forum	079 528 1630
Fire Emergency	10177
Medical Emergency	082 911

Main Gate Guardroom	012 662 3505
Security Duty Manager	082 937 8391
Controller	012 662 3505 Ext 3

Irene Farm Villages:

Estate Office	012 662 3505
Estate Manager	066 008 8523

Managing Agent: Account Ability

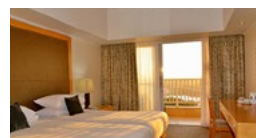
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IRENE FARM VILLAGES HOME OWNERS ASSOCIATION
Summary Operational Income Statement – YTD June 2025
 YTD Variance

	Actual	Budget	Value	%
<i>Levy Income</i>	5 953 813	5 971 812	(17 999)	-0,3%
<i>Other Income</i>	265 683	14 000	251 683	1797,7%
Investment income	184 333	130 000	54 333	41,8%
Operational Income	6 403 830	6 115 812	288 018	4,7%
<i>Professional /Administration</i>	428 210	569 744	141 534	24,8%
Accounting and Auditing	207 700	228 468	20 768	9,1%
Insurance, Legal and Admin	220 510	341 276	120 766	35,4%
<i>General Office</i>	118 767	130 678	11 911	9,1%
Office Administration	118 767	130 678	11 911	9,1%
<i>Operational Expenses</i>	1 063 552	1 311 880	248 328	18,9%
Municipal Charges	326 348	289 996	(36 352)	-12,5%
General Operations	83 918	157 084	73 166	46,6%
Salaries & Wages	653 286	864 800	211 514	24,5%
<i>Security</i>	2 438 602	2 421 036	(17 566)	-0,7%
Security Operations	2 438 602	2 421 036	(17 566)	-0,7%
<i>Repairs & Maintenance</i>	1 052 579	1 100 492	47 913	4,4%
Repairs & Maintenance	323 826	371 740	47 914	12,9%
Park Maintenance Contract	728 753	728 752	(1)	0,0%
Operational Expenditure	5 101 710	5 533 830	432 120	7,8%
Operating Surplus	1 302 120	581 982	720 138	123,7%
Non-Recurring Expenses	121 392	1 455 000	1 333 608	91,7%
IT projects	10 363	80 000	73 166	91,5%
Environmental projects	40 873	375 000	95 827	25,6%
Security projects	70 156	0	47 913	100,0%
Development projects	-	1 000 000	(17 566)	-1,8%
Net Surplus/ (deficit)	1 180 728	(873 018)	2 053 746	-235,25%

*"If you change your mind, you
 can change your life."*

– William James

Summary Income Statement by Account Ability

Office Address:

Sovereign Drive, Route 21 Corporate Park

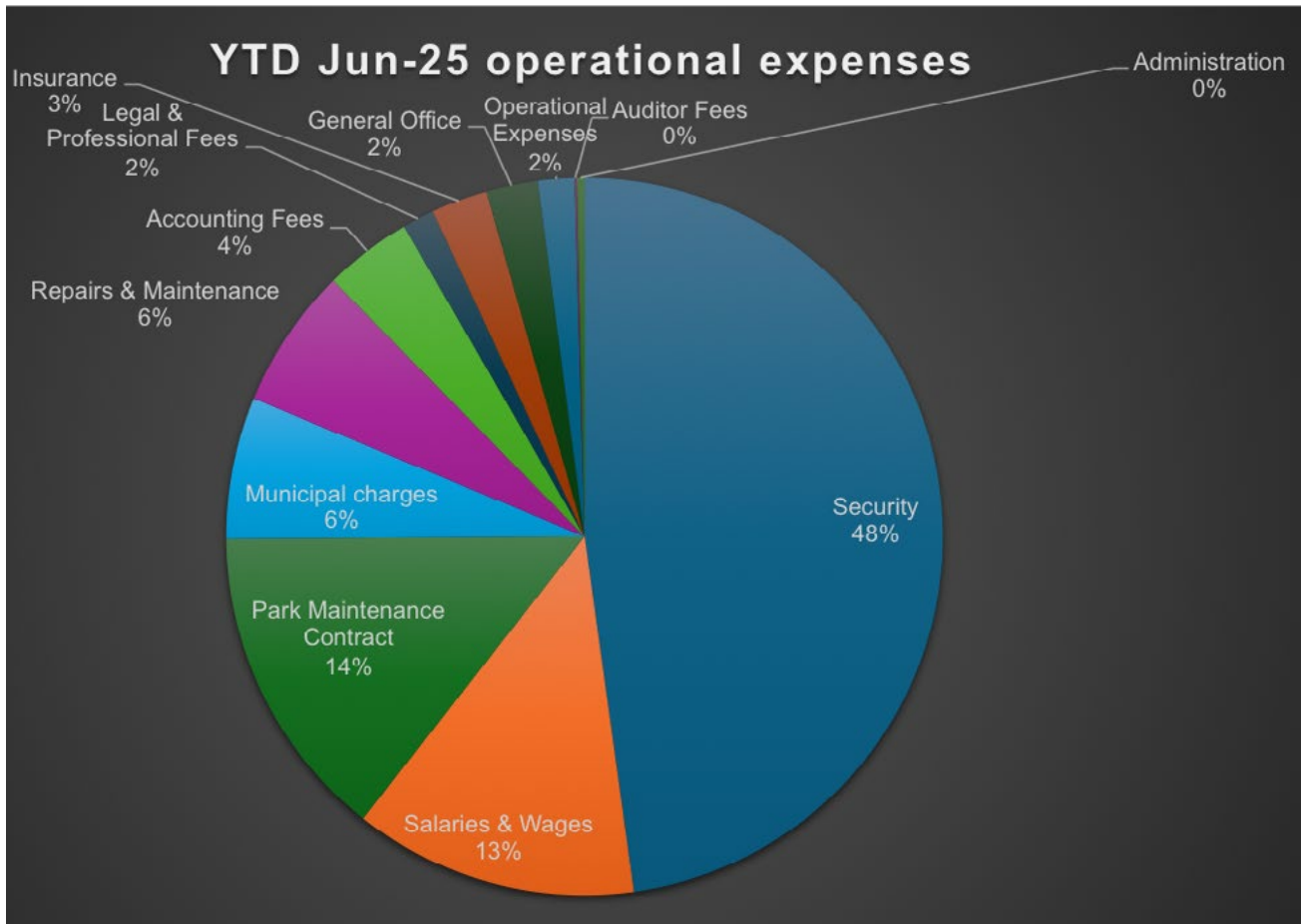
Accounting Office Hours:

8:00 to 13:00 Monday to Friday

Office Tel: 082 780 0059

Accounts Email: accounts@aams.co.za

IFV Accounts: Winny Boshoff



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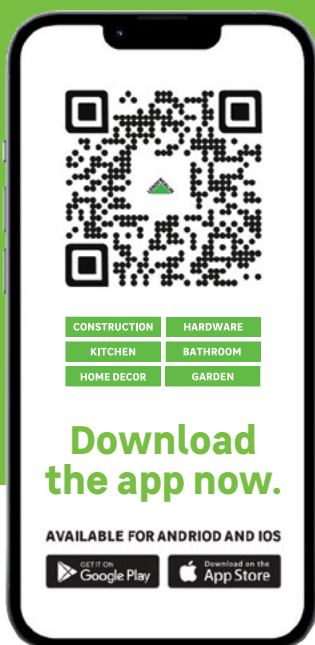
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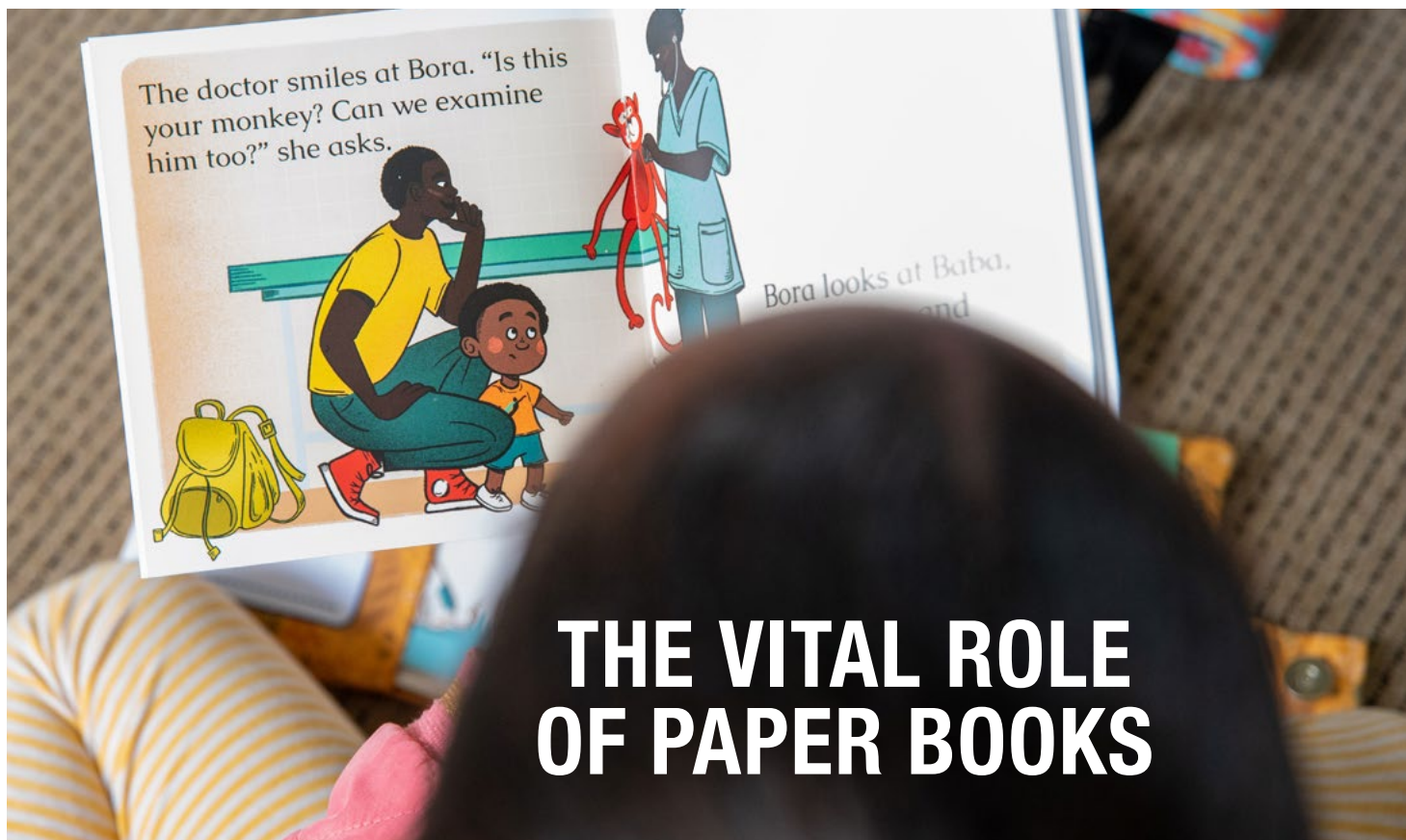


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THE VITAL ROLE OF PAPER BOOKS

The Paper Manufacturers Association of South Africa (PAMSA) has released findings from its 2024 survey on book ownership, revealing that 31% of respondents own fewer than ten books. However, access to books remains a significant challenge for many South Africans.



The survey also found that about 67% of respondents own 50 books or less, while 17.4% reported owning more than 100 books. This represents a slight positive shift from 2022, when 80% of respondents said they owned 50 books or less, and only 8.6% owned more than 100.

Executive director of PAMSA, Jane Molony, says that while there is some improvement in book ownership, the numbers still paint a concerning picture. Access to printed books, particularly for young children, is crucial for developing literacy skills and fostering a reading culture.

The survey results come at a critical time, as literacy rates in South Africa continue to face challenges of unequal early learning outcomes and extremely poor primary school literacy, with nearly 80% of Grade 4 learners

struggling to read for meaning. Additionally, only 2% of children's books published commercially in South Africa are in local African languages, despite eight out of ten people speaking a home language other than English or Afrikaans.

PAMSA and Book Dash

To be part of the solution, PAMSA has announced its support of the Book Dash 2025 campaign, an initiative that aims to make books more accessible to young readers. Book Dash has already distributed over 4.5 million books to children across South Africa, and creates books in multiple local languages.

Dorette Louw, director of programmes and operations at Book Dash, says that according to National Reading Barometer 2023, the vast majority of South African adults agree that reading to children before they can talk helps them learn, but unfortunately only about a third of parents actually read with children aged six and under.

Louw explains that just like other healthy lifestyle habits such as eating well and exercising, there's a gap between awareness and action. Even when parents know it's important to share books with pre-verbal children, they need a nudge to actually do it.



She adds that physical, hard copy books at home can provide that nudge in a way that digital books cannot. This is why Book Dash is working hard to increase book ownership in homes, and why the support from organisations like PAMSA is crucial.

Paper-based books remain popular among readers, with the survey showing that 34.7 % of respondents prefer physical books for leisure reading,

compared to 7.4 % who opt for tablets or e-readers. Importantly, 57.6 % of respondents strongly disagree with the statement that 'print is dead'.

Molony says that paper books play a vital role in early childhood development and literacy, and create a stronger educational foundation. Research consistently shows that paper-based materials promote better reading comprehension and information retention compared to digital formats. This is particularly important for developing brains.

Both Book Dash and PAMSA goals promote literacy and sustainable paper usage. Paper books are not only renewable and recyclable, but can easily be shared and passed along, extending their impact within communities.

Through initiatives such as the Book Dash partnership, PAMSA aims to help address the book access gap in South Africa and contribute to improving literacy rates, particularly among young readers who need exposure to books in their early developmental years.

Issued by Media Portal on behalf of the Paper Manufacturers Association of South Africa



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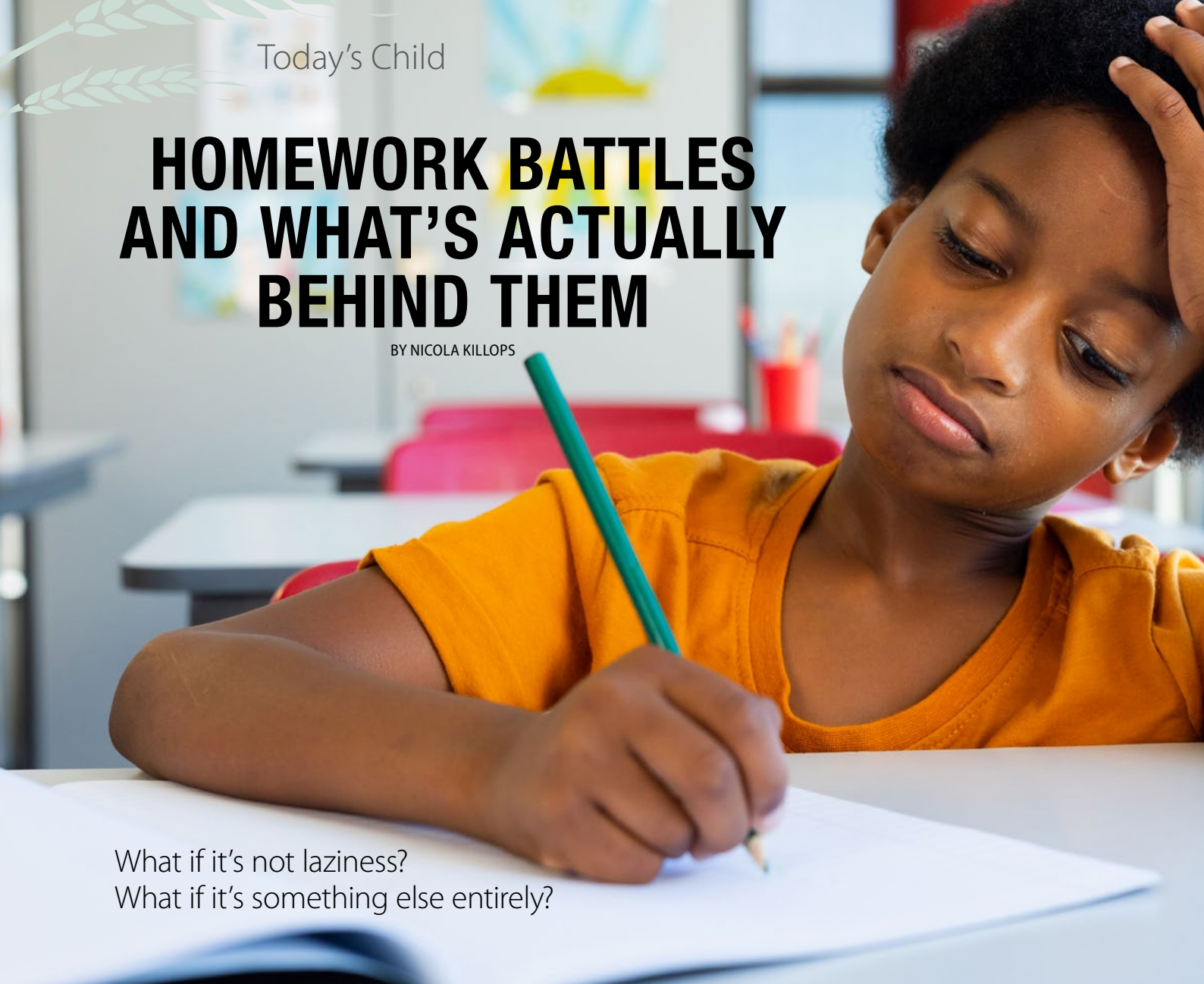
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V O L V O

HOMEWORK BATTLES AND WHAT'S ACTUALLY BEHIND THEM

BY NICOLA KILLOPS



What if it's not laziness?
What if it's something else entirely?

It's 4:37pm on a Wednesday. Your child is sprawled on the couch, shoelaces still half-tied, watching the ceiling fan spin as you say – not for the first time – “Have you started your homework yet?”

They groan. You groan. The dog leaves the room. And just like that, another homework battle begins.

We don't plan for our afternoons to unravel like this. Most of us start out the term with good intentions – fresh stationery, colour-coded timetables, maybe even a sticker chart. But life, inevitably, gets in the way. And what started as a quiet “reminder” soon becomes a shouting match, tears, and someone threatening to email the principal.

But here's the part we don't talk about enough: most kids aren't refusing homework to be difficult. They're not lazy, entitled, or lacking discipline. More often

than not, they're just overwhelmed. And they may not have the words to say so.

Beneath the surface: It's not just about the task

By the time your child gets home from school, they've likely already spent six to eight hours sitting still, masking emotions, following social cues, absorbing lessons, avoiding embarrassment, and trying their best to hold it all together. That's a full workday in anyone's language – before they even begin their “second shift” of homework. So, when they resist, stall, cry, or “accidentally forget” their Maths book for the third day in a row... there's often more going on than meets the eye.

What looks like laziness might actually be:

- **Cognitive fatigue** – Their brain is done.

Their executive function battery is flat.

- **Anxiety or fear of failure** – “What if I do it wrong?” is often the louder voice behind “I don't feel like it.”
- **Lack of understanding** – They're too embarrassed to say, “I don't get this.”
- **Sensory overload** – Especially for neurodivergent kids, the classroom may have been too loud, too bright, too fast.
- **Perfectionism** – The stakes feel so high, they'd rather avoid than attempt and fall short.
- **Emotional residue** – A playground fallout or maths test panic can linger long after the school bell rings.

And so, they sit. Frozen. Resistant. Sometimes explosive. And we, as parents, step into the ring – not knowing that the fight was never with us.



- They just need a nudge and a sense of structure.

Pause when:

- Their shoulders slump the moment you mention homework.
- There are tears, meltdowns, or shutdowns.
- They can't explain the task, even after re-reading it.
- They're showing signs of emotional distress, frustration, or fear.

Sometimes, permission to pause is the greatest gift you can give – even if it means sending a short note to the teacher and saying, “We tried, but today was too much. Let’s try again tomorrow.”

What helps (without the drama)

Most of us didn’t grow up with co-working tables or mindfulness breaks – we were told to “just get it done.” But we also didn’t grow up in a world this fast, noisy, or emotionally demanding.

Here are some simple, modern-day tweaks that support without overwhelming:

- **The 15-minute sprint** – Set a visible timer. Make it a game. “Let’s see what you can do in 15 minutes.” Break the work into chunks and build in planned brain breaks.
- **Co-working time** – Sit at the same table with your laptop or a book. No hovering, no correcting – just quiet presence. You’re doing your work, they’re doing theirs. It creates calm accountability.
- **Checklist magic** – Together, make a visual to-do list. Let them tick it off. Even the act of writing “1. Open book” helps create momentum.
- **Brain breaks that actually reset** – Not just “go run around.” Try: five jumping

jacks, feeding the dog, a quick squiggle drawing, or a silly walk around the table.

- **Switch the setting** – Change the scenery – outside table, beanbag corner, kitchen floor. The brain responds to novelty.
- **Let them teach you** – Ask them to explain a concept. “Pretend I don’t know anything about fractions.” This builds confidence and helps solidify learning.

When it’s more than you can hold alone

If homework resistance becomes the norm rather than the exception – if every evening ends in shouting or tears – it’s time to bring the teacher into the loop. And you don’t have to wait for a crisis or term-end meeting to do it.

Try saying something like: “We’re seeing real distress at home around homework, even when we’re available to help. We’d love to find a gentler path forward together.”

Most teachers would rather adapt or clarify than see a child spiral into dread. You’re not making excuses – you’re advocating for your child’s capacity and mental health.

You’re still the safe place

At the end of the day, your relationship with your child matters far more than whether they completed every last question on the worksheet. Homework shouldn’t cost your connection.

You don’t need to be the tutor, the coach, the motivator, the therapist, and the enforcer. You’re allowed to say: “I’m here. I see you. We’ll figure this out together.” Because the most powerful kind of learning doesn’t come from fear or pressure. It comes from feeling safe enough to try again.

Knowing when to push and when to pause

There’s no universal script for this – some days, a bit of encouragement is exactly what they need. Other days, no amount of stickers, snacks, or logic will cut through the emotional static.

Gentle push when:

- They’re procrastinating, but still light-hearted.
- The work is well within their ability, but motivation is low.

By the time your child gets home from school, they’ve likely already spent six to eight hours sitting still, masking emotions, following social cues, absorbing lessons, avoiding embarrassment, and trying their best to hold it all together. That’s a full workday in anyone’s language

SERVICES:

Transport: MB Shuttle offers transport to and from the airport, local distance around Centurion, Midrand and Pretoria or Customised services (eg. Doctors appointment drop off or grocery delivery.) Please call Albert (a resident of Irene Farm Villages) on 064 964 7179 or email alib.bop@gmail.com

DOMESTIC WORKER

Silvia is seeking domestic employment for Mondays, Tuesdays and Fridays. She's working for us on Wednesdays and Thursdays. She is hardworking, reliable and honest and been in our employment for 9 years. Her other employer, my sister, where she'd been working for 5 years, is relocating. She is available immediately for two days now until my sister moves. If urgent, my sister is willing to let her start immediately at the new employer. Contact Silvia at 066 508 6511. References: Louanda 083 769 2825 or Zelda 082 568 2882.

Josephine is a hardworking, efficient, dependable, and trustworthy domestic worker seeking employment on Mondays and Wednesdays within the estate. She is fluent in both English and Afrikaans (written and spoken). With a positive attitude and a proactive approach, Josephine consistently takes the initiative to go above and beyond, ensuring that every task is completed to the highest standard. If you're looking for a dedicated and capable domestic worker, she comes highly recommend. Josephine can be contacted on 079 515 3976 or for a reference, Suzanne 084 250 4317 or message Heike 083 399 3239 on WhatsApp.

Our registered domestic worker Shiellah is looking for work on a Tuesdays, Wednesdays, and Fridays. She is a loving and reliable woman with a passion for creating a positive and nurturing environment for children. Her housekeeping is excellent and she is a hard worker. She has 5+ years of hands-on experience; CPR and First Aid certified; honest; good references available upon request and comfortable with pets. Please contact Christelle 071 169 0388 to get in touch with Shiellah.

GARDENER

Angelo is seeking gardening employment for Tuesdays. He is working for us on Saturdays and been employed with us for over 10 years. He also works for our neighbours on Wednesdays and my sister on Tuesdays, but my sister is relocating. He is available immediately. He recently lost his phone. Contact my husband Frank at 083 725 7449. If you phone on a Saturday you can speak to him directly. Other references: Zelda (Tuesdays) 082 568 2882, Louanda 083 769 2825 (Saturdays), Lydette 082 655 4384 (Wednesdays) He also works Mondays, Thursdays and Fridays in the estate.

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Styles & Trends



CURRENT KITCHEN TRENDS
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KITCHENS & KITCHEN APPLIANCES

Current kitchen trends emphasize a blend of functionality, personalization and natural elements.

Popular choices include bold colours, natural textures and handle-less designs, with a focus on creating a stylish and inviting space. Homeowners are also incorporating elements like statement natural stone, multiple islands and concealed kitchens. From countertop materials to architectural details and the revival of organic designs, it's the year of unique kitchen ideas.

Voice-controlled kitchen appliances and AI-assisted cooking are transforming

the way we prepare meals. With voice-controlled smart kitchen assistants, one can adjust settings, start timers and even find recipes with a simple voice command. No more fumbling with buttons or looking at screens with messy hands.

A major trend for 2025 is the concealed kitchen. This design incorporates built-in appliances, flush cabinetry and an appliance cabinet to keep everything neatly hidden. The result is a sleek, minimalist aesthetic that enhances the

feeling of space and organisation. Ideal for open concept living areas, it creates a seamless flow between the kitchen and living spaces.

Kitchen islands are becoming multipurpose spaces. In kitchen remodel ideas this year, expect to see islands with built-in sinks, cooking tops, power outlets and plenty of storage. These islands are perfect for meal preparation, casual dining and even homework or work sessions. Beyond eat-in kitchen ideas, they make a kitchen more



functional and provide extra space for family and friends to gather.

Natural stone countertops are a standout kitchen trend for 2025, bringing timeless elegance and durability to the heart of the home. Materials like marble, granite and quartzite are favoured for their unique patterns and luxurious feel, adding a touch of sophistication to any kitchen design. These countertops offer both beauty and longevity, making them a wise investment for elevating a kitchen.

Maximising natural light and taking advantage of outdoor views are top priorities in this year's kitchen design. Large windows, skylights and glass doors allow plenty of sunlight, creating a bright and airy atmosphere. This connection to the outdoors not only makes the kitchen more inviting but also boosts your mood and wellbeing.

Smart appliances are no longer a futuristic concept; they are a reality

AI-powered kitchen appliances, including smart fridges, ovens and voice-controlled kitchen gadgets, feature built-in voice assistants such as Alexa and Google Assistant. These devices help to control appliances efficiently, whether adjusting the oven's temperature or checking the contents of the fridge from a phone.

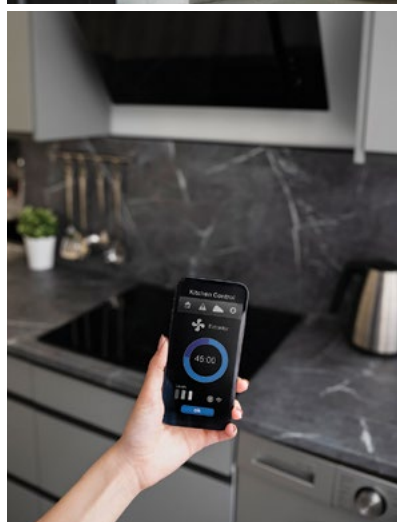
Touchless technology is becoming increasingly common in kitchen appliances such as faucets, dishwashers and garbage disposals. Motion-sensor technology enables users to manage tasks without touching surfaces, enhancing hygiene and usability. Touchless faucets and sensor-based dishwashers are especially popular for their ease of use and cleanliness.

Air fryer trends are showing no signs of slowing down. These gadgets offer a quick and convenient way to enjoy crispy meals using low-oil cooking technology, making them a top choice for health-conscious home chefs.

Smart fridges are changing the kitchen experience with advanced inventory management technology. These fridges check the food supplies, monitor expiry dates and suggest recipes based on the ingredients already available in the fridge. Some models even connect to a smartphone, allowing homeowners to manage their inventory remotely and automatically order groceries when supplies are low, saving time and ensuring they never run out of essentials.

From adjusting the oven temperature to notifying you when the dish is ready, AI helps ensure that the perfect result is achieved every time. These technologies not only make preparing a meal easier; they also make kitchens more efficient and enjoyable.

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FOOD TRENDS



The ever-shifting patterns of what people love to eat, make exploring food trends for 2025 a thrilling prospect.

Several food trends are emerging in 2025, with a focus on sustainability, health and global flavours key trends include zero-waste practices, sustainable seafood plant-based options and a growing interest in fermented foods and functional beverages for gut health. Additionally culinary upcycling, a focus on high-quality ingredients and the influence of social media on food trends are also prominent.

In view of sustainability, cost and availability, plant-based foods are increasingly becoming a common part of the human diet. Plant-based foods are associated with a number of health and nutritional benefits such as reduction in obesity, cancer, as well as the risk for cardiovascular diseases. Plant-based foods also have considerable levels of macro and micro nutrients in addition to the presence of several bioactive compounds such as phytochemicals, which are beneficial to human health in the processing applied to the foods is not too drastic.

Plant-based food primarily consists of fruits, vegetables, while grains, legumes, nuts, seeds and healthy oils, with a reduced or minimal focus on animal products. It emphasizes foods derived from plants rather than relying heavily on animal-derived sources.

Fermentation is an ancient technology of preserving foods. Limited research shows that some of the bacteria in fermented foods can jumpstart serotonin, a brain chemical that boosts feelings of well-being. That's because the gut and the brain have a strong connection – so much so that improving your gut biome can improve the central nervous system.

Fermented foods are those that have undergone a process of controlled microbial growth, where beneficial bacteria or yeast break down food components often resulting in unique flavours, textures and preservation. These

foods have been a part of human diets for centuries, offering various health benefits, especially for gut health.

Common fermented foods include kimchi, sauerkraut, kefir, tempeh, KOMBUCHA and yogurt. These foods may reduce heart disease risk and aid digestion, immunity and weight loss.

Sustainable seafood trends this year, include a growing demand for responsibly sourced fish, the rise of plant-based and alternative seafood options and increased focus on transparency and traceability with the supply chain. Consumers are also seeking locally sourced and convenient seafood choices, as well as exploring a wider variety of species. These trends are driven by a desire to protect fish populations, reduce environment impact and prioritize health and nutrition.

Seafood is packed with omega-3 fatty acids, which our bodies cannot produce. This means that we are required to get them from external, preferably natural, food sources. Omega-3 fatty acids play a crucial role in brain function, normal growth and development and they benefit the heart in several ways: curbing inflammation in the blood vessels, reducing blood triglycerides, lowering blood pressure and raising good cholesterol levels.

Functional beverages, offering benefits beyond basic hydration and taste are a rapidly growing market, with trends focusing on cognitive health, energy, hydration and personalized nutrition. Consumers are increasingly seeking out drinks with specific ingredients to various health needs, such as improved sleep, blood pressure and cognitive function.

Health conscious consumers have also become increasingly focused on gut health in recent years and an array of beverages featuring gut-healthy ingredients like probiotics and fibre (especially prebiotics

fibres) have hit the market. Fibre is a star nutrient. There has been significant year-over-year growth in prebiotic and probiotic beverage purchases, reflecting a growing consumer focus on digestive health.

Zero waste practices involve a series of strategies aimed at minimising and eventually eliminating waste generation through redesigning systems and promoting responsible consumption and production patterns. This approach prioritises resources conservation, waste reduction and the recovery of materials for reuse or recycling.

To achieve a zero-waste lifestyle, it is essential to focus on their key principles: reduce, reuse and recycle. This means minimising waste production by choosing products with minimal packaging, reusing items as much as possible and properly disposing of waste to ensure it gets recycled or composted. In fact, product designers help enable this lifestyle by designing products that are sustainable, eco-friendly and have a minimal impact on the environment.





COSY COMFORTS: A SIMPLE WINTER WARMER FOR HOME COOKS

When the Highveld winter settles in with its crisp evenings and misty mornings, there's something deeply comforting about a home-cooked meal that bubbles, bakes or simmers. This season, we've chosen a winter winner – flavour-packed, family-friendly, and perfect for those evenings when you want warmth without complication.

Traditional lamb potjie

A quintessential South African dish, the lamb potjie is both a culinary delight and a social experience. Prepared in a cast-iron pot over an open flame, this stew combines tender lamb chunks with a medley of vegetables like carrots, potatoes and butternut squash. Seasoned with fresh herbs and simmered slowly, the result is a rich, flavourful dish that's perfect for sharing on chilly evenings.

Ingredients:

- 1kg chopped lamb neck
- 1kg sliced lamb shank
- 3 large onions, sliced
- 3 large potatoes, cut into chunks
- 250g mushrooms, sliced
- 250g baby carrots
- 250g baby marrows
- 250g baby corn
- 50g brown onion soup powder
- 10ml dried rosemary
- 10ml salt
- 200ml beef stock (made with 15ml beef extract)
- 250ml red wine
- 250ml Ideal milk (or evaporated milk)
- 250ml chutney
- 15ml medium curry powder (1 heaped tablespoon)

Instructions:

1. Heat a potjie on the coals and sear the lamb in olive oil until golden brown.
2. Add the onions, celery and garlic. Fry for 4-5 minutes until caramelised and softened.
3. Add the split peas (if using) and seasoning. Stir, then pour in the stock. Simmer covered for 1 hour, stirring occasionally.
4. Add the vegetables in layers, starting with potatoes and carrots, then mushrooms, marrows and corn.
5. Mix in soup powder, rosemary, salt, beef stock, wine, milk, chutney and curry powder to make the sauce. Pour over the layers.
6. Cover and simmer gently for 2-3 hours, checking occasionally to prevent drying out.

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