

NEWSLETTER

WHAT'S HAPPENING

"I have great respect for the past. If you don't know where you've come from, you don't know where you're going. I have respect for the past, but I'm a person of the moment. I'm here, and I do my best to be completely centered at the place I'm at, then I go forward to the next place."

MAYA ANGELOU

Dear Residents,

I hope you've all had a good week and are enjoying the slightly cooler weather today.

In October we celebrated Breast Cancer Awareness Month and during that time, an afternoon tea was held to help raise funds for this very worthy cause. An amount of R2450 was collected and has been donated to CANSA, the Cancer Association in South Africa.

The cost of the cakes and snacks enjoyed on the day was covered by residents and great big Well Done to everyone involved.

Unfortunately, after that good news, I need to backtrack a bit on a plan I proposed last week relating to the social dinners for the month of November. Taking all factors into consideration it has been decided to continue with the social dinners at Lime Tree Cafe until the Clubhouse re-opens, rather than hosting further events in House 24.

I would like to urge everyone to support these dinners and ensure we say one final and big thank you to the Team at Lime Tree Cafe for opening their restaurant to us and for accommodating us during the time the clubhouse has been unavailable.

In this week's newsletter, while we're talking about afternoon tea, we have a very simple but delicious Almond Scone recipe for all the bakers in "What's Cooking".

In "Bottoms Up" you can unleash your inner mixologist and try your hand at cocktail-making with Johnny Walker's latest addition, Elusive Umami.

In "Out & About" we turn our attention to "First Thursdays". This is an art initiative that mainly takes place in the City center which restarted from the ground up after the COVID-19 pandemic and is now once again as popular as ever. If you have an appreciation for fine, and sometimes interesting, takes on art, most venues pair their viewings with some good food and drinks so you might want to check this out.

We end off with "Green Fingers" where you can read all about how to properly plant a plant in pots or straight into your garden.

Wishing you all a wonderful weekend.

Regards
Riaan and the Evergreen Team

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IT'S A CELEBRATION

"The more you praise and celebrate your life, the more there is in life to celebrate". — Oprah Winfrey

BIRTHDAYS

7 NOVEMBER

COLIN NOBLE

- House 72 -

NEW RESIDENTS

HANK & CHERYL PIENAAR

- House 30 -



ACTIVITIES & EVENTS

*For more information on any events or activities kindly
contact Reception on ext. 3200*

| | | | |
|----------------------|---|---|--|
| MON 6 NOV | 11h30 HOUSE 24 AGELESS GRACE CLASS | 14h30 MEADOWRIDGE BOWLS CLUB CANASTA | |
| TUE 7 NOV | | 14h00 HOUSE 24 SCRABBLE | 18h00 LIME TREE CAFE SOCIAL DINNER |
| WED 8 NOV | 11h30 HOUSE 24 AGELESS GRACE CLASS | | |
| THUR 9 NOV | | 14h00 ART CLASSES | |
| FRI 10 NOV | | | |
| SAT 11 NOV | | 10h00 CLUBHOUSE LAWN BOULE FOR BEGINNERS | |
| SUN 12 NOV | | CLUBHOUSE LAWN BOULE | |

ACTIVITIES & EVENTS



Christmas Cake Raffle

 **HOW TO ENTER:**

Complete the entry form at Reception and select your ticket number.

Tickets are R50 per entry.
Number of entries are not limited.

The Draw will take place at this year's Christmas Dinner



ACTIVITIES & EVENTS

Cake for Good

Buy a delicious fruit cake and help

Victoria Hospital's
Abundant Life Palliative Care



only
R120

Traditional fruit cake (1kg) made with a generous portion of fruit. To place your order contact: Roger Cummins on Ext. 3020 or 082 379 8417

WHAT'S COOKING



ALMOND SCONES WITH SMASHED BERRIES

RECIPE BY: FOOD&HOME.CO.ZA

It's long been known that berries are good for our health. This is in part thanks to the potent antioxidants that are found in the form of specific phytochemicals in the dark red, blue and purple pigments of these fruits.

Growing evidence has shown that these phytochemicals, called anthocyanins, can aid in protecting the body against numerous diseases like cardiovascular disease, diabetes and cancer.

One such study looked at the effect of anthocyanins on molecular pathways and the outcome this has on enzymes implicated in cancer.

The study showed that one type of anthocyanin, known as cyanidin – which is found in wild bilberry, raspberry and cranberry – appears to reduce the activity of cancer-causing genes while boosting the activity of cancer-stopping genes

INGREDIENTS

- 200g almond flour
- 50g coconut flour
- 27g (2 tbsp) xylitol
- 5g (1 tsp) baking powder
- 6g (2 tsp) psyllium husk powder
- pinch salt
- 60ml (¼ cup) soya milk
- 60ml (¼ cup) butter-flavoured avocado oil
- 2 large eggs, beaten + 1 extra beaten egg, to brush
- 10ml (2 tsp) vanilla essence
- smooth fat-free cottage cheese, to serve
- mixed frozen berries, defrosted and mashed, to serve
- fresh strawberries, to serve

INSTRUCTIONS

Preheat the oven to 180°C. Line a baking sheet with baking paper and set aside until needed.

Combine the almond and coconut flour, xylitol, baking powder, psyllium husk powder and salt together in a medium bowl. Whisk to remove any lumps. Set aside.

In a separate bowl, whisk the soya milk, avocado oil, 2 beaten eggs and vanilla essence together. Add this mixture to the bowl of dry ingredients and mix with a wooden spoon until well combined.

Tip the dough out onto a generously floured, clean work surface. Using a rolling pin dusted with flour, gently roll the dough out to 1cm in thickness. Use a 6cm round cookie cutter to cut 12 discs out of the dough. Transfer the discs to the prepared baking tray as you go. Brush the discs with the beaten egg and bake in the preheated oven until golden brown, about 15 – 20 minutes.

Serve the scones warm, with the cottage cheese, mashed berries and strawberries alongside.

BOTTOMS UP



NEW JOHNNIE WALKER ELUSIVE UMAMI IS A RARE DELIGHT FOR DISCERNING PALATES

ARTICLE BY: [WANTEDONLINE.COZA](https://www.wantedonline.co.za)

WITH ITS BEAUTIFUL BALANCE OF SAVOURY-SWEET QUALITIES, THIS BLUE LABEL MASTERPIECE EMBODIES THE ALLURE OF UMAMI, THE WORLD'S MOST ENIGMATIC FLAVOUR

Local whisky aficionados have good reason to celebrate this October: Johnnie Walker's latest limited-edition Blue Label masterpiece, Johnnie Walker Elusive Umami, is now available in SA.

Derived from the Japanese term meaning “deliciousness”, umami joins sweet, salty, sour and bitter as the fifth taste sensation. Best described as a “pleasant savouriness”, it's a hard-to-define and alluring flavour profile that makes a dish or drink wonderfully moreish.

When creating Johnnie Walker Elusive Umami, “we hand-picked whiskies like they were ingredients — from salty, smoky notes to savoury, meaty flavours”, explains Walker.

“Umami possesses a mysterious quality that ignites our senses, revealing sumptuous taste and complexity,” adds Kobayashi. “The final liquid is a multifaceted expression of what I interpret umami to be.”

With notes of dried fruits and dark chocolate, and hints of seaweed, Johnnie Walker Elusive Umami tantalises the palate with its beautiful balance of savoury-sweet qualities, leaving a lasting impression of sophistication and elegance.

“Johnnie Walker Elusive Umami is a testament to our dedication to pushing the boundaries of whisky craftsmanship. We believe that great whisky is an exploration of flavours and a celebration of taste, and Elusive Umami embodies this philosophy perfectly. It's an invitation to savour a journey of complexity and depth, inspired by the culinary world's most elusive

taste,” says Thembeke Mgobozi, innovation manager at Diageo SA, the company behind Johnnie Walker and other premium spirits brands.

Johnnie Walker Elusive Umami is available for purchase at select liquor retailers nationwide. Whether savoured neat, on the rocks, or as a key ingredient in expertly crafted cocktails (see recipes below), this fine whisky promises an unforgettable journey into the realm of flavour.

Johnnie Walker Elusive Umami cocktail recipes

MINERALITY

Leaning into the dried tannic qualities of the whisky, this aperitif highball is bright, dry, earthy and savoury. Aiming to mimic umami's saline qualities, it is finished with a garnish of Japanese basil (shiso).

Makes: 1 highball cocktail

Ingredients:

- 30ml Johnnie Walker Elusive Umami
- 15ml Everleaf Marine
- 10ml shiitake-infused Manzanilla sherry (see recipe below)
- 60ml soda water
- Large Japanese basil leaf, to garnish

Method: Take all the ingredients and build over a column of ice in a 300ml highball glass. Garnish with the Japanese basil.

To make the shiitake-infused Manzanilla sherry: Infuse dried shiitake mushrooms in Manzanilla sherry for 4-5 days.



FINALITY

Johnnie Walker Elusive Umami is stirred down with caramel syrup and seasoned with umami-rich Worcestershire sauce to create a complex, mind-bending take on a salted-caramel old-fashioned.

Finished with a candied and roasted cherry tomato in place of a traditional maraschino cherry, this cocktail leans heavily into the natural umami-rich dessert flavours in the whisky.

Makes: 1 cocktail

Ingredients:

- 60ml Johnnie Walker Elusive Umami
- 7ml Monin Caramel Syrup
- 1-2ml (2-3 dashes) Worcestershire sauce
- Candied roasted cherry tomato (see recipe below), to garnish

Method: Stir all the ingredients over ice in a mixing glass. Strain the mix into a chilled rocks glass over a large cube of clear ice.

Garnish with a candied roasted cherry tomato.

OUT & ABOUT



YOUR GUIDE TO FIRST THURSDAYS: WHAT'S ON IN NOVEMBER 2023

ARTICLE BY: CAPE{TOWN}ETC.CO.ZA

Each first Thursday of the month, art enthusiasts and curious locals gather to explore a diverse range of exhibitions, performances and events across the city.

As Cape Town comes alive with creativity, tonight's First Thursdays offers a dynamic platform for artists, galleries and cultural spaces to showcase their talent and engage with the public.

Here's what's on this November:

ZEITZ MOCAA

Head over to Zeitz MOCAA for an exclusive evening of art and culture. Experience half-priced admission from 6pm onwards, with tickets priced at just R125. This is your chance to explore remarkable exhibitions like 'Seekers, Seers, Soothsayers' and 'Seismography of Struggle.' Don't miss the DJ set by Athi Maq in the Atrium from 6pm to 9pm. Enhance your visit by bringing headphones for free access to audio guides for the current exhibitions.

Location: Silo District, V&A Waterfront
Times: 6pm to 9pm

SOUTHERN GUILD

Southern Guild is a gateway to the captivating world of contemporary collectible design in South Africa. Their mission is to commission, produce and exhibit remarkable works by the most talented artists in the country. Immerse yourself in the current exhibitions, where three exceptional artists showcase their unique creations.

Christine Jacobs presents 'Enfold,' featuring striking felt sculptures and charcoal drawings that explore the intricate connection between her family farm in the Free State and its inhabitants. Terence Maluleke's 'Grace in Grand Bassam' is a vibrant series of paintings capturing the lively outdoor scenes he observed during his residency in Côte d'Ivoire. Meanwhile, Nano Le Face's 'Honey, I'm Not Doing So Well' presents an artistic commentary on contemporary youth culture through pencil and wax drawings, exploring themes of hedonism, social media obsession, melodrama and melancholy.

Location: Silo District, V&A Waterfront
Times: 6pm to 8pm



DAOR CONTEMPORARY

DAOR Contemporary, near the trendy Silo District and Zeitz MOCAA, is a testament to art's transformative power. Housed in a lovingly restored industrial building, this gallery is a haven for contemporary African artists.

They specialise in showcasing South African and Pan African art, with a keen eye for both mid-career and emerging talents, spanning various artistic disciplines.

DAOR proudly features an impressive collection of print works from Warren Editions and Creative Blocks from the Spier Arts Trust. Don't miss Jozelle McLea's 'Suspended Exposure,' exploring light, beauty and colour through flowers.

Location: Coode Crescent, Port of Cape Town, South Arm entrance, across from Silo District

Times: 5pm to 8pm

Website: daor.co.za



THE PINK ROOM AT GORGEOUS GEORGE

Gorgeous George hosts a range of exhibitions and music events for First Thursdays in its enchanting space known as The Pink Room on the first floor. Currently, visitors have the opportunity to experience the grand unveiling of the 'African Robots Shapeshifting Chandelier.'

This masterpiece represents the convergence of human craftsmanship and cutting-edge technology. It illuminates the space with a fusion of 3D printing, intricate coding and meticulous handwork.

Location: 118 St George's Mall (Between Church and Longmarket)

Times: 5pm to 11pm

Website: gorgeousgeorge.co.za



MOCHI MOCHI Japanese Café

Mochi Mochi, the café that infuses the whimsical charm of Japanese 'kawaii' culture with a South African twist into its sweet and savoury menu, is also a hub for artistic expression. Join them for a unique pop-up exhibition, 'Paper Cuts,' a celebration of the artistry of paper.

The display showcases the versatility of paper as the primary medium, featuring the works of talented artists like Esti Joorst, Louise Bally, Maia Levan and Me & Norman. These artists use various techniques, from paper cut-outs to collage and origami.

Location: 71 Buitengracht Street

Times: 6pm to 9pm

Website: mochimochi.co.za

99 LOOP GALLERY

Contemporary art space 99 Loop Gallery is dedicated to showcasing the works of both established and emerging local talents. With a particular focus on painting, the gallery creates a platform where artists can explore intimate lived experiences within broader cultural and aesthetic contexts. This November, 99 Loop invites you to experience the captivating solo exhibitions of two remarkable artists. In the main gallery downstairs, Alexis Schofield's 'Impressions 2023' takes centre stage with figurative paintings that uniquely combine dark tones and expressive marks. Upstairs, Carolina Salinas' 'Places, real or imagined' offers a vivid portrayal of people and places, evoking warmth and serenity through bold and bright colours.

Location: Cnr Loop and Church

Times: 5pm to 8pm

Website: 99loop.co.za

GREEN FINGERS



HOW TO PROPERLY PLANT A PLANT

ARTICLE BY: ATLANTICFERTILISERS.CO.ZA

Out the pot and into the ground, simple as that, right? If you would like your plants to thrive there are in fact several important aspects to consider in perfecting the art of transplanting. New additions to the garden can cost a couple of pennies too, so let's make sure you get all the bloom for your buck. Here is a guide on how to properly plant a new plant.

READING PLANTING INSTRUCTIONS

The information provided on every pot or label at the nursery contains essential information that helps you make an informed decision on what to choose and where to plant. Each container and seed packet indicates:

- Sowing/growing season (when to plant it)
- Position (amount of sun/shade needed)
- Spacing (how far apart they need to be from the next plant)
- Watering guide (how often to water)
- Germination and flowering (how long seeds take to germinate and when the plant flowers)

PLANTING IN POTS

If you have chosen to grow in a container, here are some simple ways to give your new plant the best head start in life. Remember to ask your garden centre advisor to assist you in choosing the correct potting mix and fertiliser for your plant. We would recommend you plant with Bio Rock Root Builder.

- Wash your homing pot before transplanting with a gentle disinfecting soap.
- Ensure there are sufficient drainage holes.
- Line your planter to keep it clean and help protect plants against mineral deposits and disease. Ask your garden centre advisor about which lining material would be best for your container and plant. Remember to also make drainage holes in the lining.
- Add planter filler to the bottom of your pot. You can use mulch, gravel, pebbles, or terracotta shards. This assists with drainage and makes root pruning easier later.
- Add your potting soil. Avoid using garden soil as it is often very heavy and can include weed seeds, bugs, bacteria, and other unwanted materials.
- Add some Bio Rock Root Builder to help your plant settle in. We've converted the usage instructions to handfuls on our website so check it out there.



- When inserting your new plant, remember to push it out from the bottom and not pull it by the stem. This can damage the plant and potentially break the stem.
- Water your new baby well and allow all excess water to drip out. Remember to place the saucer underneath to avoid spillages.
- Add a layer of mulch around your plant. You can use, straw, grass clippings, leaves, wood chips or bark shards. This helps in retaining moisture, which is an essential part of successful container growing.

PLANTING IN BEDS

You can successfully transplant new arrivals by following these steps. Remember to check the planting instructions to ensure your location is well-suited to the plant's needs. Ask your garden centre advisor for suitable compost, fertiliser, and mulch.

- Dig a hole that's slightly larger than the container.
- Add compost and a handful of Bio Rock Root Builder to the hole and make sure the soil is nice and loose.
- Remove the plant from its container (remember to push up not pull).
- Inspect the roots: if they completely cover the soil, gently tease them apart. If they are concentrated too heavily at the bottom of the pot, loosen them thoroughly.
- Place your plant inside the prepared hole and add some more compost around it to tuck in your new baby well.
- Gently firm the soil around the plant with your hands.
- Water well after planting and add a little Bio Ocean.
- Add a layer of your chosen mulch to help with moisture retention, warmth, and weed growth.

**Remember: Although it may be summer now, frost will be back in winter. Keep this in mind when choosing your location and plant. Is it best to pot your plants and move them at night, or is it best to choose frost-hardy bad boys? The last thing you want is to have all your efforts lost to the black frost horseman, so be prepared now already!*

TOP PRE-PLANTING TIPS

Before heading off to your nursery, take some time to assess your space and consider:

- Where you would ideally like to plant
- What you would like to plant in (beds, baskets, or containers)
- How does the sun move over your space?
- How big is the area you have available?
- Are you growing to eat or decorate?
- How much time do you have to spend on garden maintenance?

The answers to these questions will help you choose the best plants for the job and make your mission to the garden centre more focused. There are so many gorgeous greens and trees to choose from, which is why narrowing down your criteria is very helpful.

Enjoy the journey with your new plants! Remember to check what feeding and watering regime is needed, and to keep an eye out for pests. Refresh mulch when necessary and top up your containers with new potting soil every season. When planting in beds, take note of surrounding trees that may cast shade or have large root systems that could interfere with your plant's growth.