

# *"What's Happening"* BERGVLIET



*"Always be looking forward. "You can never plan the future by the past."*

*Edmund Burke.*

Dear Residents,

I hope you are all well and have had a good week. Next week we 'hop' into March, and an early Easter on the 31st.

With the amazing support the Bistro has been receiving, we would like to offer a buffet on Easter Sunday - open to families - to add something new to the mix. More about this to follow in the week.

In March you can also look forward to at least 2 more special events. On the 17th we celebrate St Patricks Day and on the 27th it is International Whiskey Day. On that note, we are looking to host a Whiskey Tasting with the help of a legend of the whiskey and fine spirits industry to ensure we celebrate the day in true style!

Before that though we will be hosting the Canasta players from Evergreen Noordhoek in our first-ever Inter-Village Canasta Tournament on the 11th.

Our main event however will surely be our first Pub Night of the year which will take place this coming Friday. Please be so kind as to RSVP at reception so that the Catering Committee can finalise all the necessary arrangements.

Wishing you all a wonderful week ahead

Regards,  
Riaan and the Evergreen Team

## IN THIS ISSUE

### WEEKLY ACTIVITIES

Your weekly guide to sport & recreational activities in the Village

### SONNENHOF BISTRO

Social Dinner Menu

### IT'S A CELEBRATION

Birthday's, Anniversaries & New Residents

### PASTA & ME'S AZIZA PARKER

The story behind the one-pot family meal for R19.99

### TOP TIPS

Growing and caring for Begonias

### EASTER MENU PLANNING

This lamb crown roast deserves a spot on your Easter table

THE BEST TIME TO TAKE  
PROBIOTICS SUPPLEMENTS,  
According to Health Experts

# WEEKLY ACTIVITIES

<b>MON</b> 26 FEB		11h00 CLUBHOUSE AGELESS GRACE CLASS	14h30 CLUBHOUSE CANASTA	
<b>TUE</b> 27 FEB			14h00 CLUBHOUSE SCRABBLE	18h00 CLUBHOUSE SOCIAL DINNER
<b>WED</b> 28 FEB		11h00 CLUBHOUSE AGELESS GRACE CLASS		
<b>THUR</b> 29 FEB			14h00 CLUBHOUSE ART CLASSES	
<b>FRI</b> 1 MAR				19h00 CLUBHOUSE PUB NIGHT
<b>SAT</b> 2 MAR	09h00 CLUBHOUSE LAWN BOULE			
<b>SUN</b> 3 MAR		CLUBHOUSE LAWN BOULE		

## UPCOMING SOCIAL EVENTS

### FEBRUARY

27th - Social Dinner

### MARCH

1st - Pub Night  
5th - Social Dinner  
7th - SWIGS Wine Club

8th - Quiz Night  
11th - Canasta Inter-Village (EVG Noordhoek)  
12th - Social Dinner  
19th - Social Dinner (St Patrick's Day 17th)  
26th - Social Dinner  
27th - Int. Whiskey Day (Tasting - TBC)  
31st - Easter Sunday Lunch (TBC)



# Sonnenhof

BISTRO

S O C I A L   D I N N E R  
T U E S D A Y ,   5   M A R C H

*Warm rolls with salted butter*

## *Main Course*

*Roast Leg of Lamb  
with rosemary jus*

*Or*

*Tuscan Chicken  
in a creamy spinach and sundried tomato sauce*

*both served with baby hassle-back potatoes and  
roasted vegetables*

## *Dessert*

*Raspberry Jelly Sponge  
with vanilla ice cream*

*Or*

*Cheese Board*



Social dinner bookings close on a Friday at 14h00 | Book at  
Reception or on ext. 3200 | Dinner served at R195 per person

# HAPPY Birthday

1 MARCH

LAUBI WALTERS - H64

2 MARCH

VIVIENNE DOCHERTY - H58

4 MARCH

RODGER SCHEIBE - H60

10 MARCH

MYRLE MAWMAN - H53

11 MARCH

TREVOR HONEYSETT - H78

15 MARCH

PADDY FORDYCE - H52

18 MARCH

MARY ANN DOYLE - H24

23 MARCH

COLIN OSBORNE - H59

30 MARCH

INEZ GRETTON - H3

# HAPPY Anniversary

2 MARCH

ROGER & PENNY PRIDEAUX - A104

30 MARCH

COLIN & PETA NOBLE - H72





# PASTA & ME'S AZIZA PARKER: THE STORY BEHIND THE ONE-POT FAMILY MEAL FOR R19.99

**O**wned and operated by women, Pasta & Me is a food business that is changing the game by offering easy-to-prepare

one-pot meals that cost R19.99 to feed a family of four.

Launched under Shoprite's exclusive Homegrown private label range, Pasta & Me is a proudly South African, 100% female-owned business that aims to create cost-effective meals for families.

The product offering that has been launched at Shoprite is a 350g one-pot family pasta meal that retails at only R19.99. Packed with flavour, this easy-to-prepare meal is an economical way to feed the family. It's also time-saving, which, with life's daily hustle and bustle, loadshedding and the overall cost of electricity, makes it a game-changer for family meals.

We chatted with Aziza Parker, the founder of Pasta & Me, to find out what had led to the creation of the brand and their future plans.

**What inspired you to create a one-pot family pasta meal, and what role did affordability play in your vision?**

My passion for creating affordable meals stems from growing up on the Cape Flats. In my formative years, I saw the hardships that people experienced and the need to be creative when preparing meals so that the entire family could be fed with meagre resources. This is always at the forefront of my meal development objectives: an affordable meal for everyone.

**Can you elaborate on the unique elements of your pasta's ingredients and flavours? What inspired the specific combination?**

I specifically wanted to create a product that can deliver a family meal quickly in today's time-starved society. The final product is the combination of an economically viable option at a specific price point while using quality ingredients.

**Following the success of the Pasta & Me one-pot family meal, are there any exciting new offerings on the horizon?**

The Homegrown noodle pack launched in Shoprite stores quite recently, so for now my focus is on ensuring we can service and meet the demand for this product. Customer feedback is also incredibly valuable, as it enables us to innovate and develop new ranges informed by what our consumers want and need.

ARTICLE BY:  
FOOD24





**What was the journey like getting your product stocked in Shoprite? What were the biggest challenges and triumphs?**

I approached Shoprite with the idea of adding a family meal to the Homegrown range followed by multiple meetings with their product development and Private Label teams – and then the noodle pack was born.

The journey was challenging but very rewarding. Several prerequisites had to be achieved – including packaging design and product formulation according to specifications – and we were working towards achieving a certain price point without compromising on taste and quality. The successful outcome is what customers see on shelves today.

**How does your business impact the local community? Do you source ingredients locally?**

We specifically wanted this business to positively impact the communities of the Cape Flats. We have achieved this by employing staff from Hanover Park, Manenberg, Phillipi, Nyanga and Khayelitsha.

**What message do you hope to send with your brand and products, beyond just providing affordable meals?**

We hope that by providing access to affordable meal solutions, we can give hope to all South Africans and help them realise that with determination any dream is possible.

What are some of the biggest challenges you face as a small supplier, and how do you overcome them?



The biggest challenge is the cost of logistics, access to market and capital. As a small supplier, we do not have the scale of bigger companies, which means we have to fight harder for competitive pricing on ingredients and other raw materials. Being in partnership with Shoprite, Africa's biggest retailer, assists in leveraging scale and being price-effective in the market.

**What advice would you give to other aspiring entrepreneurs in the South African food industry?**

Just do it – start and continue to pursue your dreams.

**What aspect of running your business brings you the most joy and satisfaction?**

I can go to sleep knowing that a family has benefited from my affordable innovations. Feeding people and seeing them happy brings me contentment.

**What personal values and experiences have shaped your journey as a food entrepreneur?**

Family is the foundation. My family has always valued cooking wholesome food at home and my career in food production helped with my journey.





# TOP TIPS: GROWING & CARING FOR BEGONIAS



Begonias, with their vibrant hues and intricate blooms, are a delightful addition to any garden. Whether you are a seasoned gardener or just starting out, cultivating begonias can be a rewarding experience. In this guide, we will explore the essentials of growing begonias, to ensure a thriving display in your home garden.

## Choosing the right variety

Begonias come in various types, each with its unique charm. Tuberous begonias are known for their showy, pendulous flowers, while fibrous-rooted begonias offer a wide array of colours and patterns. Choose a variety that suits your taste and the specific conditions of your garden.

## Ideal growing conditions

Begonias thrive in well-drained soil enriched with organic matter. Plant them in a location with filtered sunlight or partial shade, as too much direct sunlight can scorch their delicate foliage. Adequate air circulation is essential, so avoid overcrowding and allow sufficient spacing between plants.

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## Planting and watering

Plant begonias when the soil has warmed in the spring after the threat of frost has passed. Ensure the soil is consistently moist but not waterlogged. Water at the base of the plant to prevent fungal issues, and use a layer of mulch to retain moisture and suppress weeds.

## Fertilisation and feeding

Begonias benefit from regular feeding during the growing season. Use a balanced, water-soluble fertiliser every 2-4 weeks to promote healthy growth and prolific flowering. Be cautious not to over-fertilise, as this can lead to excessive foliage at the expense of flowers.

## Pruning and deadheading

Regular pruning encourages bushier growth and enhances the overall appearance of begonias. Pinch back the tips of young plants to promote branching. Deadheading, the removal of spent flowers, not only keeps the plant looking tidy but also encourages continuous blooming.

## Overwintering

In colder climates, tuberous begonias can be lifted and stored indoors during the winter months. Allow the tubers to dry, remove excess soil, and store them in a cool, dark place. Fibrous-rooted begonias can be treated as annuals or brought indoors before the first frost.

## Pest and disease management

Keep a watchful eye on pests like aphids and snails. Neem oil or insecticidal soap can be effective against common pests. Ensure good air circulation to prevent fungal diseases, and promptly remove any affected leaves.



ARTICLE BY:  
GARDEN & HOME



# THIS LAMB CROWN ROAST DESERVES A SPOT ON YOUR EASTER TABLE

This is your Easter showstopper! If a lamb crown roast seems daunting, don't let its magnitude fool you. The cooking part is as easy as putting the prepped crown roast on a roasting tray and following the instructions on the packaging to achieve succulent perfection while you prepare the sides. After roasting, the centre is filled with black grapes that have been roasted in vino cotto (a semi-sweet Italian wine) and burnt sage butter. Present the crown roast at the table before carving so guests can marvel at its magnificence.

## RECIPE

### SERVES

6-8

### DIFFICULTY

Easy

### PREP TIME

15 minutes

### COOKING TIME

1 hour

### INGREDIENTS

1 Woolworths best ever free-range lamb crown roast  
500 g seedless Black grapes  
3 T vino cotto  
5 g sage leaves  
2 T butter

## COOKING INSTRUCTIONS

1. Follow the cooking instructions on the crown roast packaging.
2. Meanwhile, fry a handful of sage leaves in butter until the butter begins to brown and the sage leaves are crispy.
3. Place grapes on a baking tray and drizzle with vino cotto. Roast until the grapes are soft and sticky.
4. Arrange juicy grapes in the centre of your lamb crown roast. Drizzle over sage butter and crispy sage leaves.
4. Serves well with a side of crispy garlic roast potatoes and a simple green salad.

ARTICLE BY:  
TASTE MAGAZINE



# THE BEST TIME TO TAKE PROBIOTIC SUPPLEMENTS

## ACCORDING TO HEALTH EXPERTS

**It isn't a black-or-white answer. Many factors need to be considered...**

Probiotics are a popular supplement taken by nearly 4 million Americans alone.

These live microorganisms, which are made up of bacteria and yeast, can be found in capsule form and in fermented foods like yogurt, pickles, and kefir. Probiotics have the potential to improve digestion and gut function and support immune health.

After a nasty stomach bug left your gut feeling out of whack, you might consider a probiotic. But after picking one at the drugstore, you might wonder: when is the best time to take it? The answer isn't simple. We consulted with health experts, including dietitians and a doctor, who walked us through all the factors we had to consider first.

### FACTORS TO CONSIDER

#### Type of Probiotic

When perusing the probiotic aisle, you'll find a plethora of supplements, from refrigerated to shelf-stable, and in varying forms like capsules, powders and liquids. Each probiotic you pick up will list probiotic strains and different amounts of colony-forming units (CFUs), while often highlighting potential health benefits for its intended use.

"Of the multiple strains found in probiotics, the two most prevalent are *Lactobacillus* and *Bifidobacterium*.

In most scenarios, these probiotic strains are deemed safe with certain exceptions. While there are no known specific guidelines for daily intake of CFUs, you may see a range anywhere from 10 to 20 billion CFUs for adults. It should be encouraged that each individual consult with their health care provider for appropriate dosing," says Kunal Lal, M.D., an internal medicine physician based in Miami.

Elizabeth Shaw, M.S., RDN, CPT, a registered dietitian nutritionist, founder of Shaw Simple Swaps and the author of the *Air Fryer Cookbook for Dummies*, explains, "Each probiotic functions differently and there is not a one-size-fits-all approach to their use. While some strains offer benefits for those who struggle with gastrointestinal diseases, others are beneficial for allergies, acne, respiratory disorders and even dental health."

### DIETARY HABITS

Just one day of eating a low-fibre diet can reduce gut microbiome diversity. Fibrous foods keep your gut flourishing and happy; therefore, a fibre-rich diet is essential to maintaining a healthy gut. While a probiotic supplement can be helpful and support your gut, relying solely on a supplement cannot make up for a poor diet. Similarly, a study found that a high-sugar diet promotes inflammation and may harm gut health. So consider your probiotic supplement as just that—a supplement to go along with a healthy diet, not a fix.

### HEALTH CONDITIONS AND MEDICATIONS

Most healthy individuals can safely take a probiotic. Lal recommends anyone currently on antibiotics separate the timing between their antibiotic regimen and their probiotics. Antibiotics work to kill bacteria to treat certain infections, and you won't want to counter this effect with the healthy bacteria that the probiotics are adding to your gut. Lal recommends taking the antibiotic first and then waiting at least two hours before taking your probiotic supplement.

He also states, "**Anyone very ill in an immunocompromised state, patients with end-organ failure, or people with small bacterial intestinal overgrowth (SIBO) should avoid taking a probiotic. As well as anyone requiring high dose and/or long-term use of corticosteroids, such as individuals with autoimmune diseases like Crohn's disease or connective tissue diseases such as rheumatoid arthritis or lupus. These patients should typically avoid taking a probiotic due to the potential drug interaction, as they may even cause an infection or colonize in your body in a harmful way.**"

ARTICLE BY:  
EATINGWELL.COM

## MORNING VS. EVENING

Whether you're a morning bird or night owl, the verdict is still out on the best time of day to take probiotics. Jenna Braddock, M.S.H., RD, CSSD, a performance dietitian at [MakeHealthyEasy.com](https://MakeHealthyEasy.com) and [RhythmSportsNutrition.com](https://RhythmSportsNutrition.com), explains, "There are not any commonly acceptable, scientifically backed reasons why someone should or should not take a probiotic in the morning. For many individuals, the morning ritual of taking their supplements has provided the best case for remembering to take them." Shaw adds, "While the strain and amount of probiotics may affect how and when you should consume them, a general rule of thumb is to work with your medical team to help ensure other medications and foods won't affect their efficacy if consumed together."

She also says if you experience gas after taking a probiotic supplement, taking it earlier could ease the discomfort and help avoid disrupting your sleep.

## WITH OR WITHOUT MEALS

Another common question health experts face is about food: Should I take my probiotic with or without a meal? Shaw explains, "Unfortunately, studies are not consistent in this area, leaving both the consumer and supplement manufacturer confused. One study found that non-enteric coated bacterial probiotics should be consumed either before or with a meal containing fats for optimum bacteria survival of the probiotic. However, this is just one study and again, each strain is different."

Braddock also says, "As with most supplements, the best time to take them is first and foremost when you will remember to take them! Consistency is most important."



One study found that in as little as eight days after discontinuing the use of probiotics, that strain was no longer detectable in the gut," per Braddock. And remember, what works for one person may not work for another. So, try taking your probiotic with and without a meal to see how you best respond.

## IS THERE A BEST TIME?

Ultimately, all our experts agree that the best time to take your probiotic supplement is the one that works best for you specifically.

They also recommend checking each product's label for specific timing instructions, as each probiotic may differ.

Lal reminds us it's essential to pay attention to how your body reacts to the supplement. He says, "If you find yourself having abnormal pain, nausea or diarrhoea when taking probiotics with or without food, you may need to alter your daily schedule when you take it."

Additionally, Shaw emphasizes, "Finding what fits with your daily habits to ensure you are fitting them into your diet in a way that works for you and is able to become a habit is most important."

## THE BOTTOM LINE

According to our health experts, the best time to take a probiotic supplement depends on several individual factors. Remember to always check with your health care provider first to ensure a probiotic is safe for you to take based on your medical history. Then, check the product label for any specific timing instructions. If those directions don't work for you, confirm with your medical team if it's OK to experiment with taking them at different times throughout the day, such as early in the day, at night or with meals. The best time to take a probiotic supplement is the timing that works best for you.