

"What's Happening" BERGVLIET



"Just as at the Olympic games it is not the handsomest or strongest men who are crowned with victory but the successful competitors, so in life it is those who act rightly who carry off all the prizes and rewards."

~ Aristotle ~

Dear Residents,

It's been another cold week and more wet weather is on its way this weekend. Please be reminded to report any leaks or storm damage to the Duty Manager to record and escalate in case of severe damage or emergencies.

Luckily for us there will be more than enough to keep us occupied, starting tonight with the official opening of the Olympic Games in Paris. The rugby 7s team, the Blitzbokke, gave us some early hope when they made it into the semi-finals after barely qualifying to make it to the Games and scraping through the pool stages.

For the regular rugby fans I have added the schedule for all the upcoming Rugby Championship matches and also indicated for which games we encourage residents to come and watch in the clubhouse.

We have had a few requests to host similar rugby events as what we did during the World Cup last year, so keep an eye on the event posters in the following weeks.

In this week's newsletter we're cooking up a storm with Harissa and Yoghurt Chicken Pitas and we see if sweet potato fries are really better for you than regular fries. We also check out the 9 dirtiest places in your kitchen while in Local News we head out to Stanford to marvel at the award winning Chelsea Flower Show display. If you're planning a trip in and around the Cape soon, be sure to make a pitstop at a Padstal highlighted on our list.

Wishing you all a great week ahead. Stay warm and dry.

Regards,
Riaan and the Evergreen Team

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WEEKLY ACTIVITIES

MON 29 JUL	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH	14h30 CLUBHOUSE CANASTA	
TUE 30 JUL		12h00 BISTRO LUNCH	14h00 CLUBHOUSE SCRABBLE	18h00 BISTRO SOCIAL DINNER
WED 31 JUL	11h00 CLUBHOUSE ANTI-AGING CLASS	12h00 BISTRO LUNCH		
THUR 1 AUG		12h00 BISTRO LUNCH	14h00 LIBRARY ART CLASSES	CLINIC SR SHARON ADAMS 
FRI 2 AUG		12h00 BISTRO LUNCH		18h00 BISTRO PUB NIGHT
SAT 3 AUG	10h00 CLUBHOUSE LAWN BOULE			
SUN 4 AUG		CLUBHOUSE LAWN BOULE		

BIRTHDAYS

30 JUL HEATHER HONEYSETT – H78
 31 JUL ROGER PRIDEAUX – A104
 2 AUG ALIDA OLDROYD – H22
 2 AUG CHERYL PIENAAR – H30
 3 AUG ROGER CUMMINS – H20
 3 AUG DAVID WALKER – H42
 8 AUG TRULA HUMAN – H45
 9 AUG HANS HAMMEL – APT111



ANNIVERSARIES

23 JUL JIM & MARY DOYLE – H24
 9 AUG CHARLES AND GAELE FOSTER – H
 14 AUG IAN & ALISON MCDONALD – H17
 18 AUG BRIAN & CAROL DALTON – APT
 25 AUG MICHAEL & CLAUDIA BURCHELL – H40
 28 AUG HANS & HANNELEN HAMMEL – APT 111





Sonnenhof

LUNCH MENU
29 JULY - 2 AUGUST

MONDAY

Spaghetti Bolognese with parmesan cheese and seasonal vegetables
or
(V) Macaroni and cheese with seasonal vegetables

TUESDAY

Beef & cabbage stew with rice and seasonal vegetables
or
(V) Vegetable potjie with rice and salad

WEDNESDAY


*Chicken schnitzel with mushroom sauce, potato wedges
and seasonal vegetables*
or
*(V) Vegetarian schnitzel with mushroom sauce, potato wedges
and seasonal vegetables*

THURSDAY

Beef bobotie with yellow rice and seasonal vegetables
or
(V) Butternut and feta quesadilla with a side salad

FRIDAY

Crispy fried fish and chips served with tartar sauce and a side salad
or
(V) Basil pesto and mozzarella quiche with chips
(includes a glass of house wine or coffee)



Bookings close the day before the meal at 14h00. Monday orders close on
a Friday at 14h00 | Book at Reception or on ext. 3200 | R80pp - (V) R70



Sonnenhof

BISTRO

S O C I A L D I N N E R
T U E S D A Y , 6 A U G U S T

Main Course

*Olive and Peppadew Crusted Dorado
with carrot puree and and potato batons*

Or


*Paprika-Crusted Roast Beef
with carrot puree and potato batons*

Dessert

*Chocolate Fondant
with vanilla gelato*

Or

*South African Cheese Plate
with crackers and dried fruit*



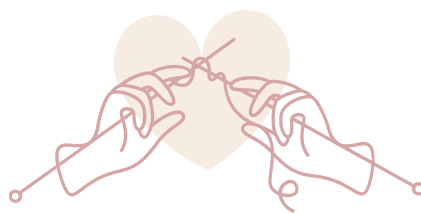
Social dinner bookings close on a Friday at 14h00 | Book at
Reception or on ext. 3200 | Dinner served at R195 per person



DATE EXTENDED TO
WEDNESDAY 31 JULY



Happy Beanies



THE RECENT SEVERE WEATHER CONDITIONS IN THE PROVINCE HAVE BROUGHT TO LIGHT THE PRIVILEGE WE ALL SHARE.

IN RESPONSE, EVERGREEN LIFESTYLE IS EXTENDING A CHALLENGE TO ALL KNITTERS TO SEE WHICH VILLAGE CAN KNIT THE MOST "HAPPY BEANIES" BETWEEN 15 AND 26 JULY, TO DONATE TO THOSE WHO ARE LESS FORTUNATE AND IN NEED OF WARMTH THIS WINTER.

WE WELCOME BEANIES OF ALL SIZES, FROM SMALL TO LARGE, AND THE MORE **VIBRANT** THE BETTER. WOOL DONATIONS FOR THE KNITTERS WILL ALSO BE MOST WELCOME.

FOR FURTHER DETAILS OR TO ORGANIZE COLLECTION, PLEASE REACH OUT TO ME DIRECTLY:
RIAAN GOUWS - 072 600 2499.



PUB *Night*

DATE: FRIDAY, 2 AUGUST
TIME: 18H00

**Join us for this
month's Pub
Night and enjoy
a great evening
with fellow
residents.**

**VOUCHER BOOKLETS
AVAILABLE AT
RECEPTION FOR R100**

**RSVP at Reception or
on Ext. 3200**



FINANCIAL WELLNESS

BY KENNY MEIRING

HOW TO IMPROVE YOUR INCOME WHEN RETIRED

A common problem that retired people face after being on pension for a couple of years is that the pension they are receiving does not seem to be going as far as it used to. This is because pensioner inflation is usually a lot higher than any pension increases that they are receiving.

I SHARE SOME IDEAS ON WHAT CAN BE DONE TO:

- Increase the monthly pension by using different types of annuity.
- How to reduce the amount of tax paid on the income.
- How to invest your retirement funds correctly to ensure that you do not run out of money.



DATE: THURSDAY, 15 AUGUST

TIME: 10H00

VENUE: BISTRO

**RSVP: AT RECEPTION OR ON
EXT. 3200**

BINGO NIGHT

FRI DAY | 16 | AUG
2024

18H00
CLUBHOUSE

R80_{pp}

Cold meats and
salads provided
by the Catering
Committee

**Book at
Reception or on
Ext. 3200**



THE RUGBY CHAMPIONSHIP



10-AUG				
AUSTRALIA	VS	SOUTH AFRICA		06H30
NEW ZEALAND	VS	ARGENTINA		09H05
17-AUG				
NEW ZEALAND	VS	ARGENTINA		09H05
AUSTRALIA	VS	SOUTH AFRICA		11H45
31-AUG				
SOUTH AFRICA	VS	NEW ZEALAND		17H00
01-SEP				
ARGENTINA	VS	AUSTRALIA		00H00
07-SEP				
SOUTH AFRICA	VS	NEW ZEALAND		17H00
ARGENTINA	VS	AUSTRALIA		21H00
21-SEP				
AUSTRALIA	VS	NEW ZEALAND		07H45
ARGENTINA	VS	SOUTH AFRICA		23H00
28-SEP				
NEW ZEALAND	VS	AUSTRALIA		09H05
SOUTH AFRICA	VS	ARGENTINA		17H00



Possible viewing events in clubhouse.
Details to be confirmed

HARISSA-AND-YOGHURT CHICKEN PITAS

Grilled or braai'd, these harissa-and-yoghurt chicken pitas are it! Done as skewers and served in pitas plus all the trimmings, what's not to like?



ARTICLE BY:
TASTE MAGAZINE

INGREDIENTS

- 1 x 150 g tub Woolworths fresh harissa paste
- 1/2 cup double-cream plain yoghurt
- sea salt and freshly ground black pepper, to taste
- 600 g free-range skinless deboned chicken thighs
- 2 T olive oil
- 4 pita breads, halved
- 1 x 350 g pack mini cucumbers
- 1 T red wine vinegar
- hummus, for serving
- tzatziki, for serving
- pickled radishes or red onions, for serving

METHOD:

Mix the harissa and yoghurt and season lightly. Slice each chicken thigh in half and place into a bowl. Pour over the harissa yoghurt and chill for 1 hour or overnight.

Preheat the oven's grill. Thread the chicken tightly onto two large metal skewers and place onto a baking tray. Drizzle with olive oil and place directly under the grill for 45 minutes, rotating the skewers at 5-minute intervals. If the grill begins to smoke, open the oven's door slightly for a few minutes.

Grill the pita breads in a hot griddle pan. Smash the baby cucumbers using a rolling pin and sprinkle with salt, then place in a sieve over a bowl for 5 minutes to allow the liquid to drain.

Place the cucumbers in a bowl and toss with olive oil, red wine vinegar and seasoning. Serve with the chicken skewers, dips and pickles.

Cook's note: Turning the skewers regularly will give you a crispy char on the outside and succulence on the inside. Yoghurt helps to tenderise the chicken and also contributes to the crust. For best results, use skinless chicken thighs. Woolies' chicken espetadas are a great alternative if you don't want to make your own. You could also cook these chicken thigh skewers on the braai.



ARTICLE BY:
NEWS24

THE CHELSEA FLOWERS SOON TO BE SEEN IN STANFORD

SA's floral exhibit which won three of the most prestigious awards at the Chelsea Flower Show will be in Stanford from 21 September to 6 October.

The thrill of South Africa winning a World Cup in any sport buoys the nation up and builds pride. It was the same when South Africa won a gold medal at the Chelsea Flower Show this year, lifting the spirits of South Africans as much as our Rugby World Cup win did. "The beautifully designed display of our nation's stunning proteas achieved not only a gold medal, but also the coveted Best in the Pavilion and the Best New Design awards," Penelope Goemans, Communications Officer of Grootbos Foundation, said. "Leon Kluge designed the stand and, with the help of a hard-working team and private donations, showcased the spectacular Cape fynbos in a unique layout, breathtaking for its creativity, array of flowers and heady fynbos scent, which filled the pavilion. Now, Leon Kluge is building the fynbos display again . . . this time, for South Africans."

Goemans said the Grootbos Private Nature Reserve (one of the sponsors of the South African display at Chelsea) and Kluge have decided to bring the glorious floral design home to South Africa so "everyone can experience the uniqueness of the display garden and triple-award win from the most prestigious garden show in the world." Kluge and his team will build an exact replica of the winning design, in full size as it was built in the Chelsea Pavilion for South Africans to visit on their home turf.

"Grootbos and Leon are thrilled to be able to share the beauty of fynbos with the people who are its natural custodians," Goemans said. "Just as the Springboks did a victory tour when they returned home to South Africa and shared the Webb Ellis trophy with the nation, this perfect replica floral display is for locals to share the victory of fynbos."

Mayor Dr Annelie Rabie is the patron of this home-grown exhibit called Chelsea Flowers in Stanford. "I am incredibly proud to announce that, thanks to the exuberance and long-term efforts of Grootbos to champion fynbos,"

Rabie said, "the very best of the world-renowned RHS Chelsea Flower Show is coming to Stanford! This is a once-in-a-lifetime opportunity for the Overstrand and is sure to be a resounding success."

Following South Africa's win at Chelsea, local Grootbos Florilegium artist Daleen Roodt won a Gold Medal, Best Botanical Artwork and the People's Choice Award at the Royal Horticultural Society's Botanical Art and Photography Show held in the Saatchi Gallery in June. Her winning artworks will also be a part of the display in Stanford.. Chelsea Flowers in Stanford will be open to the public from 21 September to 6 October in the village of Stanford close to the Grootbos Private Nature Reserve. The full-sized 100 square-metre floral display will be replicated so local South Africans can enjoy the full experience. In all, 120 illustrations and vignettes from the Grootbos Florilegium, a private collection of fynbos botanical artworks, will also be on display in the venue along with Grootbos Florilegium books.



ARE SWEET POTATO FRIES REALLY HEALTHIER THAN REGULAR POTATO FRIES?

ARTICLE BY:
FOOD&HOME MAGAZINE

THE CRAVING FOR A GREASY CHEESEBURGER COMES MORE OFTEN THAN WE'D LIKE AND WHEN YOU'RE TRYING TO TAKE A HEALTHIER APPROACH TO YOUR EATING HABITS, SWAPPING REGULAR FRIES FOR SWEET POTATO FRIES SEEMS LIKE A SMART CHOICE. BUT IS IT REALLY?

According to an article published on this specific debate, Emma Willingham, a clinical dietitian at Houston Methodist shares that the way in which fries are prepared affects how healthy or not it may be for you.

“Sweet potato fries are often seen as a healthier alternative to regular french fries. While sweet potatoes themselves do offer some extra health benefits, how they're prepared and cooked can change that,” Emma explains.

If you love sweet potato fries regardless of their health benefits, enjoy them! But if you think they're a significantly healthier option, read on.

SWEET POTATO VS. WHITE POTATO: WHICH IS HEALTHIER?

Regular french fries often get a bad reputation due to being deep-fried and typically paired with high-calorie foods like burgers. According to Willingham, studies show that regular french fry consumption is linked to weight gain, obesity, and food addiction in both adults and children. This makes them seem like an unhealthy choice. But are sweet potato fries any better? After all, they too are deep-fried and served in large portions with burgers.

Here's a comparison of their nutrition profiles (per 1/2 cup, raw):

SWEET POTATO:

- Calories: 86
- Carbs: 20g
- Fat: 0.05g
- Protein: 1.6g
- Fiber: 3g

WHITE POTATO:

- Calories: 69
- Carbs: 15.7g
- Fat: 0.1g
- Protein: 1.7g
- Fiber: 2.4g

While both are root vegetables, sweet potatoes are in the morning glory family, and regular potatoes are nightshades. This difference affects their micronutrient content. For instance, sweet potatoes have 100 times more Vitamin A than white potatoes, which is crucial for vision. They also have more potassium, aiding in electrolyte balance and muscle function.

Moreover, sweet potatoes, when prepared correctly, can have a lower glycemic index, meaning they raise blood sugar levels more slowly. According to Willingham, if you have prediabetes or diabetes it is important to note that choosing sweet potato over white potato can help reduce the chance of a blood sugar spike — but only if boiled or air-fried. Deep frying or baking increases the glycemic index, making it similar to that of regular fries.

DOES THE TYPE OF FRY MATTER?

Cooking methods significantly impact the nutritional value of fries. Deep frying increases the calorie, carb, and fat content of food. It can also introduce trans fats and possibly carcinogens if the oil is reused. This applies to both sweet and regular fries.

“Given the similar nutrient profiles and the unhealthy effects of deep frying, there's no substantial health benefit to choosing sweet potato fries over regular ones,” explains Willingham. Additionally, both types of fries are often served in portions that could be an entire meal's worth of calories.

FOR HEALTHIER FRIES, OPT FOR AIR FRYING

While baking might seem healthier than deep frying, air frying is an even better option. Air fryers use super-heated air to cook food with minimal oil. Air frying is a great way to make crispy sweet potato or regular fries using just a tablespoon of olive oil. Willingham further explains that this method also keeps the glycemic index of sweet potatoes lower, reducing the chance of a blood sugar spike.

Ultimately, whether you prefer sweet potato or regular fries, the key is moderation and how they're cooked. “At the end of the day, both types of fries have similar nutritional compositions. Choose the one you enjoy most, watch your portion sizes if they're deep-fried, and consider air frying for a healthier option,” advises Willingham.

Top 12 must-visit padstals in the Western Cape



ARTICLE BY:
CAPETOWN{ETC}

There are many quaint padstals in Cape Town and the surrounding area that provide a distinctive fusion of regional flavours and real experiences. For years, travellers have been delighted by these roadside stops' friendly greetings and extensive selection of handcrafted and artisanal goods.

Each padstal offers a taste of the region's rich culinary and cultural legacy, from the aroma of freshly baked bread to the rich flavour of local preserves. This guide features fifteen must-see padstals, each with a unique charm of its own.

These locations are destinations in and of themselves, whether it's the well-known pies at Vygevallei Farm Stall or the handcrafted goods at Peregrine Farm Stall. Discover why a visit to these padstals is a must for any traveller passing through the area and embrace the spirit of Cape Town's dynamic culinary scene.

1. PEREGRINE FARM STALL, GRABOUW

Peregrine Farm Stall has been a beloved destination for travellers looking for homemade treats and a cosy, welcoming atmosphere since it was founded in the 1960s. This farm stand, situated in the lush Elgin Valley, provides a wide selection of freshly harvested, ethically produced produce as well as artisanal goods that are sourced locally.

The term 'Peregrine' honours a heritage peach rather than the Peregrine falcon, despite what one might assume.

An old 1960s newspaper clipping jokes, 'Peregrine is a peach for local fresh produce'. The aroma of freshly baked goods entices visitors, and the wine shop features an increasing assortment of craft beers in addition to the best wines and ciders from the area. Small-batch breads from Peregrine are especially well-liked and attract customers from a wide area.

Location: N2 and R321, Grabouw, 7160
Contact: 021 848 9011

2. POLKADRAAI FARM, STELLENBOSCH

Situated in the lively centre of the Cape Winelands, Polkadraai Farm provides a vibrant haven amidst Stellenbosch's vineyard-covered hills. This location, which is well-known for its 'Pick Your Own Strawberries' experience, is open from September until mid-January. Guests can unwind in the recently opened Burger Brothers fast food restaurant or take advantage of the farm's open spaces. Family-friendly activities offered by the farm include mini-golf, tractor rides, and pony rides. However, outside food and beverages are not permitted on the property.

Polkadraai Farm is more than just a typical farm stand—it's a colourful celebration of Stellenbosch's artistic spirit. Its bustling market features an array of freshly picked produce and handcrafted goods, with each stall contributing to the lively atmosphere. Meals become a delightful culinary adventure, with offerings inspired by nearby vineyards. A memorable experience is guaranteed with Polkadraai Farm's warm atmosphere and exciting activities,

which allow guests to fully immerse themselves in Stellenbosch's distinct charm.

Location: Polkadraai Road, La Provence Road, Kuils River, Cape Town
Contact: 021 881 3303

3. De Werf Farmstall, Philadelphia

De Werf Farmstall opened in August 2023 and has since grown to be a popular stop on the N7 route that links Cape Town, Malmesbury, and the surrounding areas. Housed in a charming barn-style structure, it provides a delightful selection of handcrafted goods and local products. A selection of deli meats, seasonal produce, and freshly baked goods like bread, rusks, and cookies are available for visitors to peruse. In addition, family-sized frozen pies, ice cream, jams, condiments and beauty products from the Kloovenburg line are available at the farmstall. De Werf, which was created with families in mind, has a large children's play area with tunnels, a peacock feeding station, and a big jumping pillow. The nice surroundings allow parents to relax while their children explore. The location is also pet-friendly, accepting well-behaved dogs, which makes it a great place for tourists to visit with their animal friends.

Location: Intersection R304 and N7, Philadelphia Road, Cape Farms, Cape Town, 7304
Contact: 064 867 8578



4. HOUW HOEK FARM STALL, GRABOUW

A popular stop along the N2, Houw Hoek Farm Stall is tucked away in the picturesque Elgin Valley and offers a combination of homemade goodies and authentic country warmth. Visitors are greeted as they approach the farmstall by a sign that describes it as a comfortable haven where the flavours of the Western Cape blend with the charm of rural living.

The homely atmosphere within begs you to sample a range of delectable treats. The farmstall is well-known for its delectable cakes, crispy biscuits, and freshly baked pies, all of which are expertly made.

The room is filled with the aroma of warm bread, demonstrating the padstal's commitment to excellence. Houw Hoek acknowledges the Elgin Valley's abundance of fresh produce and wines, as well as its rich agricultural past, by stocking shelves full of these items in addition to baked goods.

Location: N2 National Road, Elgin, Grabouw, 7180
Contact: 028 284 9015

5. AFFIEPLAAS FARM STALL, ROBERTSON

Affieplaas Farm Stall, a beloved fixture since 1985, is only 500 metres from Robertson. It is well-known for its extensive selection of locally handcrafted goods that are sourced from over 120 suppliers. Enjoy freshly squeezed juices, milk tarts, homemade pies, and freshly brewed coffee while lounging in the quaint picnic garden.

A wide variety of dried fruits, olives, honey, biltong, jams, rusks and cookies are also available at the stall.

It's a convenient and friendly stop with plenty of secure parking for cars, caravans, and trailers, as well as a large, peaceful garden that guests can enjoy. Pets are also welcome.

Location: R60, Robertson
Contact: 023 626 4567

6. DIE SKEERHOK PADSTAL, HEIDELBERG

Die Skeerhok Padstal offers a romantic experience infused with rural charm for those looking for a blend of rustic charm and vintage elegance. This venue features an eclectic mix of vintage furnishings, chandeliers, and striking wall art, and is located just 8 kilometres before Heidelberg along the N2.

With its nostalgic ambiance that's ideal for hosting events like weddings and functions, or for enjoying breakfast, lunch, or dinner, this timber and galvanised steel structure pays homage to the wool industry of yesteryear. Its well-thought-out layout includes a dance floor, a flexible lounge area, and plenty of seating. An outdoor terrace that is fully furnished and offers stunning views of the surroundings completes the picture. It's the perfect place for people who want to lose themselves in a peaceful, rural setting because of the sunset and starry night sky, which add to the peaceful atmosphere.

Location: N2, Heidelberg – WC, 6665
Contact: 071 690 8421

7. NATURE'S WAY FARM STALL, PLETTENBERG BAY

Nestled on a picturesque family-owned dairy farm, Nature's Way Farm Stall was established in 2001 and provides a peaceful haven in The Craggs.

A selection of light breakfast and lunch options are available, along with free WiFi and excellent coffee or tea. The stand is well known for its assortment of fresh baked goods like pies, cakes, croissants, and bread, as well as its homemade cheese selection, which includes both imported and local cheeses.

Self-catering accommodations are available at the nearby Nature's Way Farm Stay for guests wishing to extend their stay. Established by Alex Wilson in 1982, this farm provides a tranquil haven amidst verdant pastures, thick forests, and the majestic Tsitsikamma mountains, guaranteeing a remarkable stay enveloped in

Location: The Craggs, R102 to Natures Valley, Plettenberg Bay, 6602
Contact: 082 500 6603

8. VELSKOENDRAAI FARMSTALL, CLANWILLIAM

Velskoendraai Farmstall, a popular destination featuring fresh, locally sourced ingredients in its varied menu, is located at the entrance to Clanwilliam. Not only is it well known for its inventive and affordable menu items, but it also provides a unique rooibos tea tasting experience that adds even more flavour to each visit. With a kid's play area and freshly baked breads and cakes, the farmstall caters to families. Along with popular dishes like Roosterkoeke and Velskoe Full Breakfast, it can also accommodate private and business events for up to 60 people. Traditional dishes like Tripe,



Waterblommetjie-bredie, and Whole Lamb Neck are also available. Velskoendraai offers cosy lodging choices for guests wishing to prolong their stay in Clanwilliam. Situated close to local shops and restaurants is Clan Court, a charming B&B set in a lovely garden. Clan Court is a charming country retreat with country-style hospitality, including dinner services upon request, and is close to Clanwilliam Dam and surrounded by stunning scenery.

Location: Graafwaterweg, Clanwilliam, 8135
Contact: 066 205 2382

9. MOERSE FARMSTALL, NAPIER

Famous for its authentic South African food, which includes staples like milk tart and vetkoek, Moerse Farmstall is a beloved family-owned restaurant tucked away along the R316 in Napier. Clever biscuits, freshly baked loaves of bread, dunkable rusks, and jarred preserves are just a few of the homemade goodies that make this friendly padstal famous.

Apart from its delicious food, Moerse Farmstall provides a range of distinctive handmade presents that are ideal for discovering that ideal present. To make things easier, guests can also use their catering service to arrange platters, which means they can savour the farmstall's delectable offerings on any occasion.

Location: R316, 6 Sarel Cilliers Street, Napier, 7270
Contact: 072 592 3693

10. DIE KLOOF PADSTAL, MONTAGU

Travellers and locals alike have come to love Die Kloof Padstal, also called Route 62 Restaurant and Farm Stall,

for its inviting Klein Karoo hospitality and wide array of delicious traditional dishes served in a tranquil setting. A variety of unique items, such as crafts, handbags, hats, books and locally made goods like dried fruits, nuts, jams, biltong and preserves, are available at the on-site gift shop and farm stall to enhance the experience.

This well-liked location, which is situated on the picturesque banks of the Keisie River, provides breathtaking views of Bloupunt and the Langeberg mountains. The spacious garden, shaded by large trees, offers plenty of space for relaxation, while the fully licenced restaurant has a comfortable indoor area with a fireplace and free Wi-Fi. With its vibrant playground, swings, treehouse, jungle gym, and sandpit, this family-friendly location is perfect for get-togethers.

Location: R62, Montagu, 6720
Contact: 083 650 0968

11. RONNIES SEX SHOP, BARRYDALE

Ronnies Sex Shop is a well-known roadside pub with a colourful history that has drawn crowds for more than 40 years. Managed by Ronny, who continues to wear his trademark long white beard and plaited ponytail with pride, this place has grown from a small fruit and vegetable stand to a well-known landmark. The name, which originated from a lighthearted joke in the 1970s, has made the pub an indelible part of the community. This iconic location's interior is adorned with colourful graffiti and humorous, handwritten notes left by patrons. There is a bench that stands out in particular because it says, 'I had sex here'.

Ronnies Sex Shop is a popular hangout for locals, travellers and motorcycle riders alike, with a vibrant atmosphere. The Road Kill Café is a cheeky name for a place that serves up delicious milkshakes and burgers without using actual roadkill in the menu.

Location: R62 Road, Near
Contact: 028 572 1153

12. DASSIESFONTEIN PADSTAL, CALEDON

Dassiesfontein Padstal, tucked away in the Overberg, embodies the cosiness and allure of South African hospitality. What started out as just two waggons parked along the N2 more than ten years ago has grown into a bustling hub.

It became a well-liked destination for both locals and tourists when a dedicated farmstall was built in 1995 and a restaurant was added in 1996. Dassiesfontein is well-known for its authentically South African ambiance, which allows visitors to unwind with substantial traditional meals and a selection of drinks, including steaming coffee and cold beers.

The store offers a variety of regional goods from the Overberg region, giving customers a distinctive and varied selection to peruse.

Location: N2 between Bot River and Caledon, 7230
Contact: 028 214 1475

The 9 Dirtiest Places in Your Kitchen



The kitchen may be the heart of a home, which is often why it's also the dirtiest place in a home. There's the obvious mess—like used dishes, a sticky floor, or a crusty oven. But oftentimes, there are areas and objects that are overlooked, so ask yourself, are there other places you're forgetting to clean?

Think about the areas and objects you may be using every day during food preparation. What should come to mind are kitchen counters, handles, sinks, sponges, reusable water bottles, and more. They're often touched daily, so it's crucial to disinfect them either every day or a few times a week to avoid built-up bacteria and cross-contamination.

1. ANY KNOBS, HANDLES, AND TOUCH PADS

Every appliance in your kitchen has some type of control panel or handle that's touched each time it's used. It's important to remember to wash all those knobs, buttons, or touchpads weekly because they've often overlooked when we're giving our kitchens a deep clean. Especially if you're touching it when you're cooking or handling raw food. Be sure to clean kitchen cabinet pulls,

appliance handles, and control panels using a disinfectant wipe or spray-on disinfectant cleaner and clean cloth or paper towel.

2. SINK

Even though there is plenty of water running through your kitchen sink, there are likely microbes lurking on the surface, especially in the crevices where the sink joins the counter, around the drain, and garbage disposal stoppers.

The kitchen sink should be disinfected after every meal preparation, washing dishes or at least once per day, and don't forget the handles and faucet and the counter areas near the sink. They catch all of the splatters when you rinse off contaminated foods.

Use a sink cleaner that contains a disinfecting agent and a clean towel or disposable disinfectant wipes.

3. SPONGES, BRUSHES, AND DISHCLOTHS

In an effort to reduce the use of paper towels and their impact on the environment, many homes use cellulose sponges, sink scrubbing brushes, and fabric dishtowels. Unfortunately, kitchen sponges and cleaning brushes harbour high bacterial levels, if not properly washed and disinfected.

If you use these products, they should be washed in hot water after each meal preparation or cleaning session. Sink and vegetable scrubbing brushes can be placed in the dishwasher for thorough cleaning after each use.



4. REFRIGERATOR

We've already discussed what can lurk on refrigerator handles and touchpads, but even with the cold temperatures, some pretty harmful bacteria can actually grow inside your fridge.

Most fruits and vegetables will stay fresh longer if they are not washed before storing. In this case, it's better to store them unwashed to avoid quick spoilage, but it's important to wash the drawers often to avoid future contamination because food residues or bacteria can be left behind.

The same thing happens with raw meat that is stored in the refrigerator. Packaging leaks and fluids accumulate in the drawers and along the edges of shelves. Even packaged products like milk or tubs of butter have been handled and stored numerous times before they enter your refrigerator.

To get rid of any kind of bacteria, as well as yeast and mold that can be grown there, remove refrigerator drawers or shelves—if possible—monthly and wash the surfaces with mild detergent and hot or warm water. Dry with a clean cloth or paper towel.

Between thorough cleanings, wipe away any spills and give the interior surfaces a quick wipe with a disinfecting wipe.

Additionally, take the extra few steps of dusting the top of the appliance and vacuuming behind and underneath as well. Remove the vent cover to vacuum the coils. Dust on coils makes the refrigerator work harder to stay cool, using more energy, and food particles hiding underneath are insect magnets.

5. CUTTING BOARDS

Cutting boards, especially wooden boards, can harbour bacteria in the tiny nooks and crannies that appear after even a single use. It is important to have at least two separate cutting



boards: one for fruits and vegetables and one for meats. This will reduce cross-contamination during meal preparation.

Wash each board after every use with hot, soapy water and rinse well with hot water. Then dry completely with a paper towel or clean dish towel. Do not leave the boards to drip dry because bacteria love a warm, moist environment. You can also choose cutting boards that can be placed in a dishwasher for a thorough cleaning.

6. COFFEE MAKER, BLENDER, & SMALL APPLIANCES

Even clean water that lingers in a warm, moist environment like a coffee maker can create a perfect environment for bacteria, yeast, and mold to grow. Some small appliances must be cleaned after every use. At least weekly, disassemble and clean small appliances thoroughly. Some components are safe to place in the dishwasher and others should be washed in hot, soapy water and then rinsed in hot water and dried completely.

The same cleaning routine should be applied to utensils like can openers, measuring spoons, and cups.

7. REUSABLE LUNCH BOXES, SHOPPING BAGS, & WATER BOTTLES

Each time you use a resealable container or reusable lunch box, shopping bag, or water bottle, there is a potential for cross-contamination from bacteria, unless it has been cleaned correctly.

The containers should be completely disassembled and placed in the dishwasher

or washed in hot, soapy water, rinsed in hot water, and dried completely.

Most lunch boxes and reusable shopping bags can be tossed in the clothes washer for a thorough cleaning.

An additional tip for the shopping bags is to keep them separated—designate one or more for cleaning supplies, one for raw fruits and vegetables, one for raw meat, and one for packaged goods.

8. COUNTERTOPS

Don't neglect your kitchen counters—they're often the areas where purses, shopping bags, and other items are placed daily on top of it being a place to prepare food.

Grab a disinfectant wipe or clean cloth and disinfectant spray, and clean before preparing food or at least once per day. Skip the sponge or used dishcloth because they may be harbouring bacteria and germs.

At least weekly, take time to get into corners, under small appliances, and along the edges between the stove or refrigerator and countertop. You don't want to imagine what is hidden in those moist, dark spaces.

9. SALT AND PEPPER SHAKERS

One last dirty spot to consider is the kitchen salt and pepper shakers. Shakers are often used and frequently touched during food preparation. Give them a careful wipe down with a disinfecting wipe after every meal preparation and a thorough cleaning every week.