

ALOE ALOE

EVERGREEN NOORDHOEK & LAKE MICHELLE

25 - 31 JANUARY 2021



WHAT'S ON THIS WEEK

As we approach the end of January (which has felt like the 13th month of 2020) we watch the world trying to get back on its feet. For those who love sport as much as I do, we can however look forward to some global events and tournaments. For the rugby fans, the Currie Cup semi-finals will be played tomorrow [23rd Jan] and the 6 Nations in February should provide some relief while we eagerly await news on the British and Irish Lions tour to South Africa.

There's not much cricket to entertain at the moment but the Australian Open and Wimbledon, Formula 1, The Masters in Augusta, Champions League football, the Tour de France and possibly a simplified Olympic games in Japan have all received tentative go-aheads from governing bodies. So we'll be sure to keep our food and drink pages stocked with delicious ideas for even greater viewing pleasure!

Once again, I'd like to thank everyone who is doing their bit to stay safe during the Second Wave. We see encouraging signs of stabilization in the Western Cape and look forward to a relaxation of the lockdown rules soon.

Best wishes for a wonderful week ahead,

Regards

Riaan and the Evergreen Team



WEEKLY ACTIVITIES

Listed activities to be confirmed by organizers.
Please ensure that Covid protocols are adhered to at all times.

MON 25 JAN	TUE 26 JAN	WED 27 JAN	THU 28 JAN	FRI 29 JAN	SAT 30 JAN	SUN 31 JAN
BISTRO Take-aways ext.2404 SPECIAL DANISH PASTRY & COFFEE / TEA R25	BISTRO Take-aways ext.2404 SPECIAL APPLE & CINNAMON PANCAKES R15	BISTRO Take-aways ext.2404 SPECIAL MILTART R15	BISTRO Take-aways ext.2404 SPECIAL HOMEMADE DOUGHNUTS R15	BISTRO Take-aways ext.2404 SEE "WHAT'S ON THE MENU"		

All activities must be
booked in advance
with reception

WHAT'S ON THE MENU

WESTERN PROVINCE CATERERS



LUNCH MENU

***AMENDED HOURS 08H00 - 12H00**

AVAILABLE AS A TAKE-AWAY OPTION ONLY AT R52 PER MEAL

25 - 29 JANUARY 2021

MONDAY

BRAISED PORK CHOP

SERVED WITH SUMMER SAMBALS, OVEN ROASTED POTATOES AND GARDEN SALAD

TUESDAY

FRIED CALAMARI

SERVED WITH TARTAR SAUCE, POTATO WEDGES AND ROAST VEGETABLES

WEDNESDAY

CRUNCHY CHICKEN SCHNITZEL

SERVED WITH CHEESE SAUCE, SWEET POTATO WEDGES AND SEASONAL VEGETABLES

THURSDAY

PORK SAUSAGES

SERVED WITH GRAVY, MASHED POTATOES AND ROAST VEGETABLES

FRIDAY

FRIED HAKE & CHIPS

WITH LEMON, TARTAR SAUCE & GREEK SALAD

(PLEASE INDICATE IF YOU WOULD PREFER GRILLED HAKE OR BOILED POTATO)

BOOKING ESSENTIAL - KINDLY BOOK YOUR MEALS BY 11H30 FOR THE FOLLOWING DAY.

NOTE: PAYMENT BY CARD OR ON-ACCOUNT ONLY.

PLEASE CONTACT BRANWINE ON EXTENSION 2404

IT'S A CELEBRATION!

IT'S A SPECIAL OCCASION AND WE'D LIKE TO CELEBRATE IT WITH YOU!

BIRTHDAYS

*Wishing you many happy moments
and the very best memories on your
special day!*



25th January

NICOLETTE ANDREAE - Noordhoek



26th January

NICKY ING - Noordhoek



31st January

PATRECIA VAN DER WALT - Noordhoek

SPECIAL MOMENTS

*One should never, but never, pass by an opportunity
to celebrate.*

- J. Malouf -



25th January

RICHARD & ROSEMARY MCNEILL

- Lake Michelle -

COLIN & MARGARET REID

- Lake Michelle -



BOTTOM'S UP!

WATERMELON QUENCHER

Enjoy a minty slushy Watermelon Quencher – perfect for warm summer days!



INGREDIENTS

- Half a seedless watermelon (if you can find them, otherwise just de-pip), about 4 – 6 cups of chunks, chilled
- 2 limes, juiced
- Handful of fresh mint, washed
- 2 – 3 tbsp of lemon cordial

METHOD

- Add everything to a blender and blitz.
- Taste and add more lime juice or cordial if its too watery. You may need to do this in batches.
- The resulting mixture will have a lot of fibre in it and be quite frothy. Should you want a much clearer liquid, strain it through a sieve.
- Chill in the fridge (or even for a short while in the freezer to get the slushy effect) and serve with some lime, fresh mint and ice.

HANDY TIPS

Don't throw away the fibre and bits of mint left in the sieve. Freeze into cubes in ice trays and toss into smoothies.

You can also use a melon-baller to scoop out some of the watermelon and freeze it. These can be used instead of ice when serving the juice. If you don't have a melon-baller, just cube a handful into small, bite-size pieces and freeze those. They freeze beautifully, look fancy and don't dilute the drink's flavour. You can add to cocktails and maybe make a watermelon version of G&T.

WHAT'S COOKING

GRILLED CAULIFLOWER KEBABS

These Grilled Cauliflower kebabs are on the healthier side and are pretty appropriate for a vegan hors d'oeuvre or snack. Cauliflower florets are tossed in a soy, chili and oil marinade, then grilled on skewers and finished with a spicy savory-sweet sauce and toasted sesame seeds for a crunchy note.

INGREDIENTS

- 4 cups cauliflower florets
- 2 tablespoons canola oil
- 1 tablespoon corn starch
- 1 tablespoon low sodium soy sauce (or coconut amino for paleo and gluten-free)
- 4 to 6 de-seeded dried red chilies
- Chopped spring onion,
- toasted sesame seeds, for garnish

FOR THE SAUCE:

- 3 tablespoons low sodium soy sauce (or coconut amino for paleo and gluten-free)
- 2 tablespoons unseasoned rice vinegar
- 2 teaspoons sesame oil
- 2 tablespoons brown sugar
- 1 cup vegetable stock
- 1 tablespoon Sriracha sauce
- 1 tablespoon grated ginger
- 4 cloves garlic, grated
- 1 tablespoon corn starch



METHOD

Preheat your grill. Place cauliflower florets in a large mixing bowl with 2 tablespoons water. Microwave for 5-7 minutes to precook. Allow to cool down and transfer to a Ziplok bag.

Whisk the canola oil, corn starch, chili and soy sauce together in a small bowl. Pour over the top of the cauliflower in the plastic bag and toss well to coat. Marinate for 20 minutes.

Prepare the sauce:

Heat the sesame oil in a small saucepan over medium-low heat. Add the ginger and garlic and stir fry for 1 or 2 minutes. Add all remaining ingredients (soy sauce, rice vinegar, brown sugar, vegetable stock, sriracha, cornstarch) and whisk to combine. Bring to a low boil and simmer for 20-30 minutes, until sauce is thickened.

Remove cauliflower florets from the bag and thread skewers and grill until tender and golden. When cauliflower is nearly done, brush with the sauce and grill until slightly caramelized. Transfer to a serving dish and serve immediately garnished with toasted sesame seeds and chopped scallion greens and more sauce on the side. Enjoy!

MUSICAL CORNER

This week we celebrate

DOLLY PARTON

Dolly Rebecca Parton was born on January 19, 1946, to Avie Lee (née Owens) and tobacco farmer Robert Lee Parton, and grew up on a rundown farm in Locust Ridge, Tennessee. At 12 she was appearing on Knoxville TV and at 13 she was already recording on a small label and appearing at the Grand Ole Opry.

After graduating from high school in Sevier County, Tennessee in 1964, she moved to Nashville to launch her country-singing career. She fell in love with Carl Dean, who ran an asphalt-paving business; they married on May 30, 1966 and are still together. In 1967 her singing caught the attention of Porter Wagoner, who hired her to appear on his program, The Porter Wagoner Show (1961). Their duets became famous and she stayed with the show for 7 years.

By the time her hit "Joshua" reached #1 in 1970, her fame had overshadowed his, and she struck out on her own, though still recording duets with him. She left him for good to become a solo artist in 1974.

Dolly gained immense popularity as a singer/songwriter and won numerous Country Music Association awards (1968, 1970, 1971, 1975, 1976). This petite (5'0") beauty was a natural for television, and by the mid-1970s she was appearing frequently on TV specials and talk shows before getting her own, Dolly (1976). In 1977, Dolly got her first Grammy award: Best Female Country Vocal Performance for her song "Here You Come Again." Her movie debut was in "9 to 5" in 1980 and received an Oscar nomination for writing the title tune, and also Grammy awards 2 and 3: Best Country Song, and Best Female Country Vocal Performance for the song "Nine to Five." She also appeared in "The Best Little Whorehouse in Texas" (1982), and in "Rhinestone" (1984) with the song "Tennessee Homesick Blues".

She is the head of Dolly Parton Enterprises, a \$100 million media empire, and in 1986 she founded 'Dollywood', a theme park in Pigeon Forge, Tennessee, celebrating her Smoky-Mountain upbringing.

Dolly was in the acclaimed picture Steel Magnolias (1989) with Julia Roberts, and went on to appear in 15 movies and TV-movies for the 1990s, and garnered more more Country Music Association awards. In 2000, Dolly received her 5th Grammy award and is known for songs like "Coat of Many Colors," "Jolene," and "I Will Always Love You". Dolly said in an interview, "My music is what took me everywhere I've been and everywhere I will go. It's my greatest love. I can't abandon it. I'll always keep making records."

TRIVIA

- One of 12 children, they were so poor that her parents paid for her birth with a sack of oatmeal.
- Her theme park, Dollywood, is the largest employer in Sevier County. She's afraid of roller coasters so has never ridden any of the park's rides.
- She modeled her look after the "town tramp. She got the inspiration for her big, blonde hair and pouty red lips from a local lady of the night.
- She once entered a Dolly look-alike drag queen contest and lost.
- She is Godmother to Miley Cyrus.
- In 1995 she founded the charity 'Imagination Library', which provides free books to preschoolers - it is a way to honor her late father, who couldn't read.



QUICK FACTS

NAME

DOLLY REBECCA PARTON

NICKNAMES

THE QUEEN OF COUNTRY
THE BACKWORDS BARBIE
THE IRON BUTTERFLY

BIRTH DATE

19 JANUARY 1943

PLACE OF BIRTH

SERVIERVILLE, TENNESSEE, USA

SPOUSE

CARL DEAN 30 MAY 1966 - PRESENT

AWARDS

1970 - TOP VOCAL GROUP (PORTER WAGONER AND DOLLY PARTON) -ACCMA

1977 - ENTERTAINER OF THE YEAR

1978, 1979, 1980 - COUNTRY STAR OF THE YEAR

1980 - TOP FEMALE VOCALIST
1984, 1985 - FAVOURITE COUNTRY SONG

2005 - MUSIC VIDEO OF THE YEAR AND
VOCAL EVENT OF THE YEAR

NOMINATED & WON ALMOST EVERY AWARD
IN ANY COUNTRY BETWEEN 1980 AND 2000

FAMOUS QUOTE

"I have little feet because
nothing grows in the shade"



HEALTH CARE

BE SUN SMART

SUNSCREEN & PROTECTIVE GARMENTS

Although CANSA's SunSmart Campaign is coming to an end [it runs from December to January], CANSA reminds all South Africans to continue to be SunSmart throughout the year as **sunburn can occur within fifteen minutes and the damage caused is permanent and irreversible.**

USE AN EFFECTIVE SUNSCREEN

The CANSA Seal of Recognition logo (CSOR) appears on approved sunscreen products and is a guarantee that the manufacturers of these UV protective products have complied with CANSA's strict set of criteria. Be sure to use a sunscreen with an SPF of between 20 and 50 & 30 and 50 for fair to very fair skin.

Products usually expire two years after manufacture so don't use a product that has been opened and used after a year has passed.

APPLY SUNSCREEN CORRECTLY

It's important to know the best SPF for your skin-type. Always apply sunscreen 20 minutes before you go outside and re-apply at least every two hours, after towel drying, perspiring or swimming.

WEAR PROTECTIVE CLOTHING

Wear sunglasses with a UV protection rating of UV400. Wear protective clothing and swimsuits and thickly-woven fabric hats with wide brims - avoid caps where the neck and ears are exposed. Buy SunSmart garments and apparel and look out for CANSA's swing tags and SunSmart Choice logo on clothing, hats and summer fun accessories.

EDUCATE & PROTECT CHILDREN

Our youth should take special precaution when spending time in the sun - two blistering burns before the age of 18 can dramatically increase the risk of getting skin cancer later in life.

Parents and schools need to play an increasingly important role in educating our youth on being SunSmart. Unfortunately a recent study shows that most schools are not SunSmart.

Babies younger than 1 year should never be exposed to direct sunlight.

CANSA

Cancer affects one in four South Africans but you are not alone and there is support available. Find out more by logging onto the CANSA website <https://cansa.org.za/>



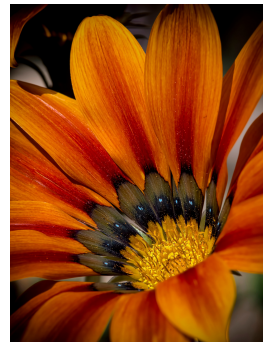
FEBRUARY TO DO LIST

IT IS ALMOST FEBRUARY AND THE BEST TIME TO ENJOY THE MANY SCENTS, COLOURS AND ABUNDANCE OF FRUIT AND VEGETABLES RESULTING FROM THE HARD WORK DONE IN YOUR GARDEN THROUGHOUT THE YEAR.

DURING FEBRUARY:

- Cut back perennials if getting out of control or losing their shape.
- Deadhead spent flowers on annuals, roses and shrubs to encourage more flowering.
- Trim back woody plants like lavender and rosemary after flowering being careful not to cut back into the old wood.
- Collect seed heads when they are nearly ripe just as they are turning brown and keep them in a paper bag in a cool, dry place for the next season.
- Take cuttings of perennials and bedding plants.
- Harvest young vegetables and herbs regularly. This also helps plants produce more flowers and fruit to extend the season.
- Tomatoes in particular need consistent watering to prevent flowers from getting dark patches on their bottom ends and May vegetables will bolt if they dry out.
- With the abundant harvest this month, get some recipes out for freezing and bottling and make the most of this season. Harvest and freeze dry herbs.
- In hot and humid conditions look out for blights and rots and spray with fungicide.
- Raise marrows off the ground to prevent rotting.
- Keep bird baths filled with fresh water for both birds and bees.
- Invest in an automatic irrigation system for the kitchen garden to avoid losing your precious plants.
- In hot weather you can use bath or washing up water to water your garden as long as they are not too dirty or oily.
- Keep weeding all your garden beds and containers. If left, this can become a huge task, rather weed a little more often than wait until it is out of control.

February boasts sunny summer days that provide for pristine growing and blossoming conditions for a variety of plant life and vegetables.



SOW THESE VEGGIES

Bush beans
beetroot
broccoli
cabbages
carrots
cauliflower
celery
leeks
lettuce
onions
peas
radishes
spinach & Swiss chard
turnips
brussels sprouts
cabbage (in some areas).

SOW THESE HERBS

basil
coriander
nasturtiums
flat-leaf parsley.

FEBRUARY ANNUALS

Cineraria
Dianthus
Gazanias
Iceland Poppies
Primulas
Violas