

EVERGREEN NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

"The biggest lesson I've learned is that hurt people hurt people, and kindness is just as contagious. So if you can focus your efforts on engineering kindness, it will prevail"

WHITNEY WOLFE HERD

Dear Residents,

I hope you've all had a good week.

Thank you to everyone who has booked for the events we advertised in last week's newsletter. We are reaching limited seating for all these events so please do book your seats as soon as possible to avoid disappointment.

We end this week with a busy weekend:

On Saturday stock up on your fresh fruit and veg in the Noordhoek village. Riaan and Ilse will be here between 10h00 and 11h00 in the main parking area.

At the same time, the Coronation of King Charles III kicks off in the 1st Floor Lounge. If however all the pomp and ceremony is not really your thing, you can look forward to a North / South Derby as the Bulls take on the Stormers in the Heineken Champions Cup Quarter-final.

In this week's newsletter, we take a look at the innovative construction going on in the Mother City and how we could benefit from having denser cities around the country.

In Bon Appétit, as the dust settles on a momentous Coronation, we highlight the history of Tea Sandwiches and bring you a recipe with the Royal stamp of approval - the official dish of King Charles's Coronation, the humble quiche - and now you too can enjoy it in the comfort of your own 'castle'.

In Out And About, we find out what tourists really want when visiting our fair shores - and it's definitely not fine dining!

Wishing you all a wonderful weekend.

Regards

Riaan and the Evergreen Team

Week 19

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Your weekly guide to sport & recreational activities in the Village

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and

Why South Africa would benefit from denser cities

Bon Appétit


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The Official Dish of the Coronation

Out & About

Tourists want to taste South Africa, not 'fine dining'

ACTIVITIES & EVENTS

MON 8 MAY	TUE 9 MAY	WED 10 MAY	THUR 11 MAY	FRI 12 MAY	SAT 13 MAY	SUN 14 MAY
09h00 STRETCH CLASS 1ST FLOOR LOUNGE	09h00 CALLANETICS ACTIVITY ROOM 1	09h00 STRETCH CLASS 1ST FLOOR LOUNGE	08h45 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
		09h00 TÁI CHI (2) ACTIVITY ROOM 1	10h00 KNITTING GROUP MAIN LOUNGE	09h15 AQUA AEROBICS POOL		
10h15 AQUA AEROBICS POOL	10h00 BRIDGE ACTIVITY ROOM 2	10h00 17, 31 MAY CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE	10h30 TÁI CHI (1) ACTIVITY ROOM 1	11H00 LINE DANCING ACTIVITY ROOM 1		
14h00 BRIDGE /CARD GAMES ACTIVITY ROOM 2	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB		14h00 BRIDGE ACTIVITY ROOM 2			 12H00 MOTHER'S DAY LUNCH BISTRO
	14h30 TABLE TENNIS TABLE TENNIS ROOM	15h00 LINE DANCING ACTIVITY ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM		14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
				17H00 RESIDENT SOCIAL MAIN LOUNGE		
		REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY		18H00 FRIDAY NIGHT DINNER BISTRO		

ACTIVITIES & FACILITIES

STRETCH CLASS

Stretching exercises suitable for any level of fitness and ability

Sue - 072 212 0277

AQUA AEROBICS

Low impact, moderate intensity pool based exercises. A good combination of cardio and strength training. All fitness levels welcome

Renate - 082 519 443

Linda - 082 410 9443

CALLANETICS

Exercise involving frequent repetition of small muscular movements designed to improve muscle tone. Medium fitness and ability

Louise - ext. 2143

TÁI CHI

Boost upper and lower body flexibility. Improves posture and balance. Medium fitness and ability

(1) Roy ext. 22129

(2) Fiona 082 920 1818

BACKCARE YOGA

All level yoga class with a focus on mobility and strengthening of the back

Claire - 083 453 5539

LOW IMPACT CARDIO

Stay active and fit with this slightly more active exercise class

Louise - ext. 2143

GOLF CROQUET

Enjoyed at the Fish Hoek bowling club, a sport for anyone and everyone to enjoy

Brian - ext. 2089

LINE DANCING

A little exercise, a little mobility and a whole lot of fun for beginners and regulars

Shereen - 071 471 3624

Glenda - ext. 2073

TABLE TENNIS

Social table tennis for beginners or more experienced players

Dianne - ext. 2061

BRIDGE

The card game that's both intellectually and socially stimulating

Cecily - ext. 2011

POOL

Get together and enjoy a game of pool in the 1st floor lounge

Bill - ext. 2040

GAMES

Enjoy an afternoon of fun. Bridge, canasta, rummicub and many more games

Cecily ext. 2011

Norma ext. 2089

LIBRARY

Read to hearts content. Grab a book from our wide range on offer

Jane - ext. 2063

SWIMMING POOL & GYM

Heated indoor swimming pool and state of the art gym for your enjoyment

Hours

Mon to Fri: 08h00 - 19h00

Sat / Sun / PH: 08h00 - 17h00

SALON

Ladies & gents are welcome at Janine's Hair Studio

Hours

Tue / Wed 09h00 - 16h00

Janine - 073 294 9655

GROUPS & EVENTS

CHRISTIAN FELLOWSHIP

Meeting to worship God, hear His word and sharing a time of fellowship over coffee

John - ext. 2018

BIRD WATCHING

Bird watching in the Village or outside. Hikes and talks about South African and Western Cape Birdlife.

Ian - ext. 2094

OPERA APPRECIATION

Opera lovers and anyone wondering if they might be, join Mike and friends for the monthly opera viewing.

Mike - ext. 2112

KNITTING GROUP

Knitting while socialising for an amazing cause.

Jen - ext. 2112
Avril - ext. 2049

LADIES MEET & GREET

A fun get-together for all the ladies.

Bridget - ext. 2002
Irene - ext. 2031

MOVIES

Enjoy classics and award winning movies of all genres with fellow residents.

Clare - ext. 2039

GARDENING GROUP

Passionate about gardening? Join a "green finger" network for talks and events.

Val - ext. 2056

HIKING GROUP

Looking for a challenge? Take in amazing views and what the Cape Town Nature has to offer.

Don - ext. 2039

AIR SHOW TALKS

Come and listen to Pete tell us more on anything and everything airplane related.

Pete - ext. 2065

UPCOMING EVENTS

MAY

DINNER SERVICE - 12TH
RIAN'S FRUIT & VEG STAND - 6TH
ROYAL CORONATION - 6TH
MOTHER'S DAY LUNCH - 14TH
BINGO NIGHT - 18TH
FELLOWSHIP - 3RD, 17TH, 31ST
MOBEE CARWASH - 10TH, 24TH
MOVIE - 24TH
LADIES MEET & GREET - 24TH
SPECIAL EVENT - 26TH

JUNE

DINNER SERVICE - 2ND, 9TH, 30TH
SPECIAL DINNER EVENT - 9TH
FATHER'S DAY LUNCH - 18TH
FELLOWSHIP - 14TH, 28TH
MOBEE CARWASH - 14TH, 28TH
QUIZ NIGHT - 22ND
MOVIE - 28TH

JULY

DINNER SERVICE - 7TH, 14TH, 28TH
BASTILLE DAY DINNER - 14TH
FELLOWSHIP - 12TH, 26TH
MOBEE CARWASH - 12TH, 26TH
BINGO NIGHT - 20TH
CHRISTMAS IN JULY - 28TH

ACTIVITIES & EVENTS



Fruit Galore and more

FRESH FRUIT & VEG

Riaan's Fruit Van brings you first class, fresh produce and daily homemade baked goods.

SATURDAY, 6 MAY | 10H00 – 11H00

VENUE: GENERAL PARKING

FRUIT

Avo's | Persimmons | Mangos | Figs | Plums | Peaches | Naartjies | Kiwi | Grapes

VARIETY OF VEGGIES

Potatoes | Onions | Tomatoes | Brinjals | Peppers | Green Beans

FRESHLY BAKED GOODS & MORE

Rusks | Banana Loafs | Biscuits | Dates | Honey

Riaan 072 126 1175 | Ilse 082 472 4040 | fruitgaloreandmore@gmail.com

ACTIVITIES & EVENTS

EVERGREEN NOORDHOEK

BINGO

NIGHT

THURSDAY, 18 MAY

TIME: 18H00 | VENUE: BISTRO

ENTRY R20PP - ALL PROCEEDS GO
TOWARDS THE RESIDENT SOCIAL FUND

TO BOOK CONTACT
NORMA ROOS. EXT 2089

ACTIVITIES & EVENTS

Mother's Day

SET MENU LUNCH
LIVE ENTERTAINMENT

- 14 MAY 2023 -

Starter

Creamy Butternut or Mushroom Soup
served with Sundried Tomato Croutons.

Main Course

**Spinach & Mushroom-stuffed Pork Fillet with
Apple Sauce**

Or

Herb Crusted Line Fish with Lemon Butter Sauce

Or

**Spinach & Feta-stuffed Chicken Roulade with
Brown Onion Jus**

served with Cherry Tomatoes and Garlic Green Beans,
Rosemary Baby Potatoes.

Dessert

Chocolate Brownie

served with Vanilla Ice Cream

Or

Blueberry Cheesecake

R155pp / Children under 12years R75 | Bookings essential -
ext 2404 | Seating from 12h00 | Service on 15/20min intervals

ACTIVITIES & EVENTS

FRIDAY, 26 MAY

**COUNTRY &
WESTERN DANCE**

LIVE ENTERTAINMENT
GORDON ROCKER

SEATING FROM 18H00
SERVING TIMES ON 30MIN INTERVALS.
PLEASE BOOK ACCORDINGLY

WELCOME DRINK
A GLASS OF CAPE TOWN CO WHITE OR RED WINE

TO SNACK ON
HOMEMADE CORN BREAD

MAIN COURSE BUFFET
BBQ PORK RIBS OR KENTUCKY-STYLE CHICKEN LEG 1/4
WITH HASSLEBACK POTATOES, SWEET PUMPKIN &
BAKED VEGETABLE HASH

DESSERT
APPLE PIE OR CHOCOLATE BROWNIE
WITH VANILLA ICE CREAM

R165 pp | Bookings essential - ext 2404

IT'S A CELEBRATION

*Count your age by friends, not years.
Count your life by smiles, not tears. — John Lennon*

BIRTHDAYS

8 MAY

ERIC JENNINGS - Noordhoek
MIKE JACKLIN - Noordhoek

11 MAY

LUTZ UFFHAUS - Noordhoek

13 MAY

JOY MACDONALD - Noordhoek

14 MAY

MARION NELSEN - Noordhoek

ANNIVERSARIES

8 MAY

DOUG & SHOENA SMITH
Noordhoek



WHAT'S ON THE MENU?

MENU

DAILY MEALS - R65

MONDAY

Grilled chicken fillet served with potato wedges, seasonal vegetables, and cheese sauce

OR

Homemade vetkoek with curried mince served with a green salad

TUESDAY

Hake Mornay served with creamy mashed potato and seasonal vegetables

OR

Tomato bredie served with white rice and a sambal salad

WEDNESDAY

Chicken and butternut lasagne served with a green side salad and a cocktail garlic roll

OR

Bacon, feta and mushroom quiche served with green salad and sweet potato fries

THURSDAY

Homemade chicken pie served with roasted vegetables and salad

OR

Beef burger served with sweet potato fries and mushroom sauce

FRIDAY

Beer battered hake served with fries, tartar sauce, lemon wedge and a side salad

OR

Sweet and sour pork meatballs served on a bed of spaghetti and a side of roasted vegetables

SATURDAY

Grilled chicken fillet burger served with cheese sauce and fries

OR

Shepherd's pie served with a green salad

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - FRIDAY'S FROM 18H00

DAILY MEAL ORDERS BY 14H00

BOOK ON EXT 2404

BREAKFAST - R65

FULL HOUSE

Grilled beef sausage and bacon served with your choice of 2 eggs, fries and 2 slices of toast and preserves

FILLED CROISSANT

Toasted croissant filled with cheddar cheese, scrambled egg, bacon, tomato and sautéed onions. Served with chips

BINGO NIGHT SNACK MENU

OPTION 1 - R170

A selection of chicken strips, spring rolls, samoosas, quiches, and cocktail rolls with dip. (3 of each item)

OPTION 2 - R150

A selection of chicken strips, spring rolls, meatballs, and quiches with dip. (3 of each item)

OPTION 3- R120

Crudite Platter: Hummus dip, cream cheese infused with fresh herbs, vegetable sticks: carrots, cucumber, a selection of peppers, steamed broccoli, cherry tomatoes, boiled eggs (3 each)

SUNDAY LUNCH - R145

MOTHER'S DAY

SEE PAGE 7 FOR MENU

MAKING HEADLINES



CONSTRUCTION TO BEGIN ON AFRICA'S FIRST BIOPHILIC BUILDING IN CAPE TOWN'S CBD

ARTICLE BY: CAPE{TOWN}ETC

(Biophilic design is a concept used within the building industry to increase occupant connectivity to the natural environment through the use of direct nature, indirect nature, and space and place conditions)

Construction is about to begin on The Fynbos, a unique and innovative building located in Cape Town's CBD. The 24-storey mixed-use building is expected to be completed by the end of 2024 and will feature 689 apartments, a rooftop sunset terrace with a lap pool and co-working

space, a rooftop fitness centre, as well as a ground-floor plant-based restaurant, a tearoom and a botanical bar.

The Fynbos is set to be the first biophilic building on the African continent, incorporating natural lighting and ventilation, natural landscape features and other elements to create a more productive and healthy built environment for people. One of the most exceptional sustainable design features at The Fynbos is its exterior, which will be draped in a 1200 metre squared vertical garden made up of 30 species of indigenous trees and 20 species of indigenous shrubs. The garden system was designed by a specialist team of technical botanists and will be monitored by a highly technical water and nutrient system with automated root scanners and monitored water content and drainage. In addition to the vertical garden, The Fynbos will boast a waterfall at the front reception of the building, which will provide white noise for the building's inhabitants.

The circular waterfall, set amidst the lush flowing foliage of The Fynbos, is the starting point of a unique water feature which will run from Buitengracht to Bree Street. Construction is about to begin on The Fynbos, a unique and innovative building located in Cape Town's CBD. The 24-storey mixed-use building is expected to be completed by the end of 2024 and will feature 689 apartments, a rooftop sunset terrace with a lap pool and co-working space, a rooftop fitness centre, as well as a ground-floor plant-based restaurant, a tearoom and a botanical bar.

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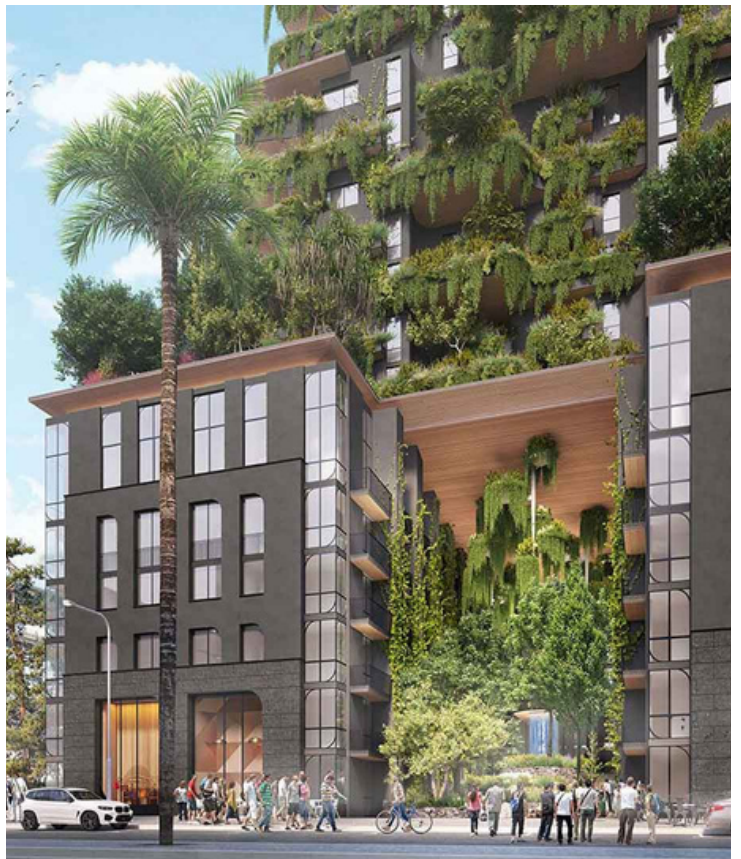
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The Fynbos is currently undergoing Green Star accreditation, and water efficiency for the building will be improved through low-flow fittings, well-point filtration and a sophisticated rainwater harvesting system which will be integrated into the unique balcony design. Integrated PV solar panels will generate double the electricity quota needed to power the common areas, minimising fossil fuel consumption, and a central heated water system will allow for economies of scale and avoids individual geysers. The building is expected to meet strong demand from local as well as foreign buyers and expats, with sales being so strong that the developers are considering increasing the price of the remaining units.

The Western Cape Government predicts that by 2025 about 5 133 370 people are expected to live in the city, with the projection that within a generation, 10 million people will call the Mother City home.

The allure of the Cape, its unemployment rate six percentage points below the national average, and its status as Africa's 'tech capital' are just a few reasons drawing people to the area.





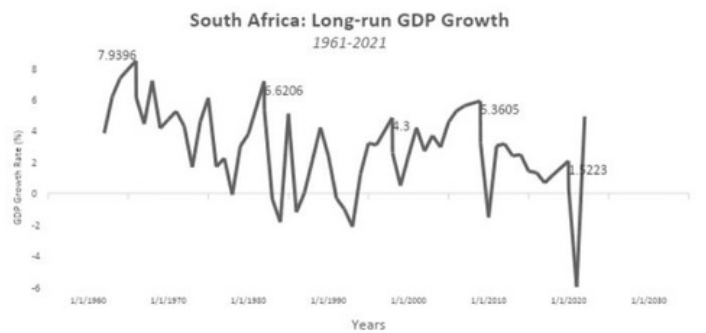
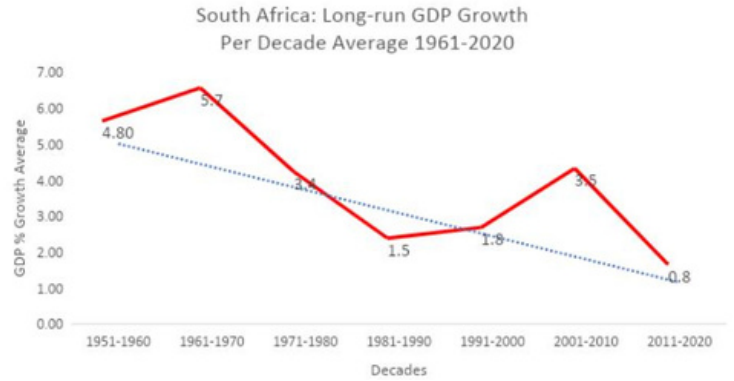
WHY SOUTH AFRICA WOULD BENEFIT FROM DENSER CITIES

ARTICLE BY: DAILY MAVERICK

South African cities are low-density and feature significant urban sprawl. Low-density, car-based cities are less economically efficient, less productive and far worse for the environment than high-density cities.

The story of South Africa's economic growth is one of sustained decline. After a growth peak in the 1960s of 5.7%, average economic growth in 2011-2020 averaged just 0.8%. There are many reasons, but urban planning and densification are ones that seldom come up, despite the compelling evidence that suggests they should be priorities. To understand the present, looking at the past is important. After rapid growth in the interbellum and pre-apartheid period, the 1960s saw a shift to declining growth. When trying to understand this, the apartheid government created the Riekert Commission (1979), which found that the labour market was so heavily distorted by apartheid that it created severe growth constraints for the economy – this later led to the winding down of apartheid laws around segregated education in the 1980s. The Riekert Commission also mentioned that if cities were allowed to urbanise faster, there would be significant economic growth, but cautioned against it due to “direct and indirect social costs” – a poorly disguised apartheid-style racist remark.

But such was the ideological persuasion of the apartheid era, that segregation continued despite the economic cost. The apartheid government completely disrupted and de-urbanised South African cities through the Group Areas Act.



The effect of the Group Areas Act (GAA) has largely been to depopulate city centres and create moats around areas of economic opportunity. Enacted in the 1950s shortly after apartheid began, the GAA systematically removed black people from city centres to far-flung townships on the outskirts of the city. Hundreds of thousands of people were displaced almost overnight. These removals persisted well into the 1980s. Today, as we know, despite some inching progress, South Africans still live predominantly in racially separated areas and integration has been slow. Is it a coincidence that economic growth abruptly slowed after the GAA? Most economists acknowledge that densely populated cities are critical for growth. Sixty-eight percent of the South African population is urbanised. This is nearly comparable to the UK, US and France at ~80%, and is higher than China (62%), Vietnam (40%) and Kenya (28%). However, South African cities are low density and feature significant urban sprawl. Low-density, car-based cities are less economically efficient, less productive and far worse for the environment than high-density cities. Moreover, South African cities feature heavy regulation on zoning: strong separation between commercial and residential, and low levels of mixed-use zoning.

URBAN SEPARATION

Post-1994 policy has entrenched urban separation, not through planning regulations, which have been progressive, but through a lack of implementation. When the government builds public housing or what became known as RDP houses, it tends to build them not in the city, which would be closer to jobs and consumer markets, but in the far-flung outskirts of the city – in the townships. Moreover, the government often builds freestanding homes rather than cost-efficient apartment blocks.

The former are far more expensive per unit, and the global standard has been towards leveraging economies of scale through apartment blocks, and while in places this is reflective of the personal preferences of the home occupants, it does not correspond to a wider, structural drive for economic prosperity. Recent interventions have doubled down on building the township economy, which is welcome, particularly in terms of the development of the informal economy, which employs 17% of South Africans and generates billions in GDP. Acclaimed KasiNomics author GG Alcock has spoken on the need for increased integration of the informal and formal economies to drive growth, describing prevailing attitudes to informal businesses as short-sighted.

Formal jobs are often based in city centres with higher wages, and not in townships. The effect is that most people are commuting long distances from their homes to places of employment. Low-income families in South Africa can spend between 43% of their salary on transport alone, according to the Cape Town Committee for Transport and Urban Development, while other sources cited 51% and higher. If South Africans could shift their spending from an exorbitant amount on transport, to goods, education, healthcare, recreation and other services, imagine the improvement in wellbeing and new jobs that could be created...

HIGHEST GDP CITIES

There is evidence that the world's highest GDP cities are very high-density. This pattern of urbanisation is not just a byproduct of industrialisation but a function of it. It is far cheaper for workers to live close to their places of work for both the worker and the employer; high volumes of workers can support affordable public transport networks like subways that have high initial upfront costs and capital expenditure; it also improves access to markets for consumers and small and medium enterprises (SMEs), retailers, entrepreneurs and farmers.

In addition, economic costs are lowered across the board – transaction costs, search costs, etc. This embeds economies of scale at a city level, allowing the clustering of industry but also the division of labour at very low economic costs. It is much easier to advertise and sell a product to a street that gets foot traffic of 100,000 as opposed to a street that gets 50 people. Low density means the advertiser must spend much more money to achieve the same amount of advertising impact. This small example demonstrates the massive knock-on effect across the entire economy, and how low-density urban spaces create barriers to entry for businesses, particularly SMEs.

DENSER CITIES GREENER

Finally, it has been found that denser cities are greener, more cost-effective and less impactful on the environment as people can walk to facilities that are closer. Denser cities also allow for cost-effective public transit infrastructure like subways and commuter trains, which South Africa largely lacks. They are also more efficient, with estimates that traffic jams can cost between 2-4% of GDP through lost time, wasted fuel and increased costs of doing business. Highly nucleated cities; in other words, ones that have very dense city centres, have the most urban mobility options due to ample choice and availability of private and public facilities. In cities like Bogotá, Taipei, Hoi An and Amsterdam, more emphasis is being placed on multimodal urban mobility – walking, buses, trains and bikes, alongside cars. Each form of transport necessitates its own infrastructure environment; for example, pedestrians may require better lighting, street signage, paving and greenery, which many South Africans can acknowledge is often missing, sometimes even in high-income areas. The design of cities is intricately tied to how well citizens can live, work, play and move in their own spaces. South African policy needs to seriously consider a widespread and impactful plan for densification of cities as a solution to some of our economic woes.

The US author Jane Jacobs, a renowned urban planning economist, championed dense, mixed-use neighbourhoods and the abolition of zoning laws as the key to a thriving, fast-growing city. Her vision placed a community at the core of city life, emphasising the social interactions of both citizens and businesses. As the lady herself said: "Cities have the capability of providing something for everybody, only because, and only when, they are created by everybody."

BON APPÉTIT



THE HISTORY OF THE TEA SANDWICH

ARTICLE BY: VICTORIA'S ROSE

Tradition is more than doing what your Mom or Grand Mother taught you. What your family has done for years and generations is a great way to feel connected to your ancestors, but without the stories and the history behind the traditions, those special events or recipes lose some of their esteem and magic. Today you can find “finger” sandwiches at nearly every party whether a formal or social event. The Tea Sandwich has definitely evolved into something bigger. But not always better.

Evolution is part of life but even family traditions change from time to time with each generation adding its favorite twist to the event or recipe. But it's nice to be able to tell the original tale and history of those traditions we hold dear. Where did they come from, how did they start and what was the original intent? All good questions that give importance and imagination to your family traditions.

When I was old enough, my Mom put me to work helping get things ready for a party. She would sit me at the dining table, give me ingredients and instructions, then let me loose.

Of course, it wasn't ever that difficult a task, but it was fun for a 9-year-old girl. I'd roll cheese balls and coat them in nuts. Or roll peanut-sweet balls and coat them in sugar. Or, make the finger sandwiches.

THE TEA SANDWICH - WHERE DID IT ALL BEGIN?

Let's go back to 1840 with the originator of afternoon tea, Anna Maria Stanhope, the 7th Duchess of Bedford, who was a lady-in-waiting to Queen Victoria.

Afternoon tea was designed to ease the grumbling tummies of polite society in the mid-afternoon. With lunch at noon and dinner at 8pm, mid-afternoon was a perfect time for a mid-day tea with light sandwiches. The sandwich fillings were just enough to avoid overindulgence in the scones, cream, and jam, yet leave enough room for the scrumptious iced cakes served at the end of the tea.

There are many stories about how Duchess Stanhope decided upon the size and preparation of the sandwiches. Some say she made the suggestion and the royal chef is really the one who came up with preparation and form.

One of the stories relates specifically to the Duchess. She wanted a sandwich that was easy to hold in one hand, ultimately making it easier for the Queen to hold as she engaged in conversation. The sandwich must be consumed in two bites. It had to be substantial, but not overindulgent. And it should not have a crust, because the Queen was not fond of the crust. Another story says no crusts because they add unnecessary bulk to the sandwich.

The sandwich could be long and narrow, a triangular half-sandwich, a quarter square, or a small biscuit. Today, innovative designs can be cut into decorative shapes with a cookie cutter or with a skillful hand and innovative idea.

Traditionally the bread was always white, thinly sliced, and lightly buttered before the filling was placed inside. The bread crust is cut away cleanly from the sandwich after the sandwich has been prepared and before they are laid out for serving.

The evolution of the tea sandwich today allows for variations of bread to include pumpernickel, rye, sour dough or wheat. Other light breads might also be used, including tortillas to fashion small finger size wraps.

The original fillings were “dainty”, light and creamy. They were made with cream cheese or mayonnaise, mixed with a fresh vegetable such as asparagus, cucumber, radish, tomato or watercress. The tea sandwich has grown considerably since the mid-1800s. Today’s fillings include curried chicken, fruit jam, ham with mustard, pimento cheese, smoked salmon and a variety of salads such as chicken, egg, ham, tuna or turkey salad.

Americans have put their twist on the tea sandwich as well, providing light meat and cheese variations. Thinly sliced ham and cheese with light mayonnaise and mustard for example. As long as the meat is light and very thinly sliced, it is generally acceptable. Heavy meat such as roast beef is often shunned as a tea-time sandwich.

Another modern variation is fillings and sandwiches made with or from fruit. Especially something like cantaloupe or honeydew. Wikipedia has a very interesting list of sandwiches and their origins if you’d like some inspiration.

Five traditional English afternoon tea finger sandwiches are traditionally served for afternoon tea in England: ham and mustard, cucumber, egg and cress, smoked salmon and coronation chicken - all perfect for King’s Coronation!





THE OFFICIAL DISH OF THE CORONATION

And it's a Quiche!

King Charles and Queen Camilla have spoken and have revealed that the official dish of the coronation is... Coronation quiche!

It is a deep quiche with a crisp, light pastry case and delicate flavours of spinach, broad beans and fresh tarragon. Eat hot or cold with a green salad and boiled new potatoes – perfect for a Coronation Big Lunch!



EQUIPMENT: 1x 20cm Flan Tin | SERVES: 6

INGREDIENTS

PASTRY

- 125g plain flour
- Pinch of salt
- 25g cold butter, diced
- 25g lard
- 2 tablespoons milk
- Or, 1 x 250g block of ready-made shortcrust pastry

FILLING

- 125ml milk
- 175ml double cream
- 2 medium eggs
- 1 tablespoon chopped fresh tarragon,
- Salt and pepper
- 100g grated cheddar cheese,
- 180g cooked spinach, lightly chopped
- 60g cooked broad beans or soya beans

METHOD

PASTRY

- Sieve the flour and salt into a bowl; add the fats and rub the mixture together using your finger tips until you get a sandy, breadcrumb like texture.
- Add the milk a little at a time and bring the ingredients together into a dough.
- Cover and allow to rest in the fridge for 30-45 minutes.
- Lightly flour the work surface and roll out the pastry to a circle a little larger than the top of the tin and approximately 5mm thick.
- Line the tin with the pastry, taking care not to have any holes or the mixture could leak. Cover and rest for a further 30 minutes in the fridge.
- Preheat the oven to 190°C.
- Line the pastry case with greaseproof paper, add baking beans and bake blind for 15 minutes, before removing the greaseproof paper and baking beans.
- Reduce the oven temperature to 160°C.

THE FILLING

- Beat together the milk, cream, eggs, herbs and seasoning.
- Scatter 1/2 of the grated cheese in the blind-baked base, top with the chopped spinach and beans and herbs, then pour over the liquid mixture.
- If required gently give the mixture a delicate stir to ensure the filling is evenly dispersed but be careful not to damage the pastry case.
- Sprinkle over the remaining cheese. Place into the oven and bake for 20-25 minutes until set and lightly golden.

OUT & ABOUT



TOURISTS WANT TO TASTE SOUTH AFRICA, NOT 'FINE DINING'

ARTICLE BY: DAILY MAVERICK

Tourists want to taste South Africa, not 'fine dining'. Twelve-course menus, impersonal surroundings, fussiness and disengagement from local stories are turning off diners as they gravitate towards supporting products that offer the real experience. The emphasis on 'fine dining' has created a monster.

It's all about connection, connection, connection, as diners crave attachment and authenticity, says the woman at the forefront of one of South Africa's most vibrant food communities, Pamela McOnie. The founder of Cape Fusion Tours, McOnie spoke about Cape Town food tourism trends at World Travel Market Africa, describing what her tourist clients – as well as her 82,000-strong Cape Town Eats group on Facebook – look for in food destinations. Increasingly, tourists are seeking out “real” experiences, to get a taste of a city, through sharing stories. She should know: With 426 five-star reviews on Tripadvisor, McOnie is rated as the best food guide in the city. McOnie, who started Cape Fusion Tours 20 years ago to incorporate her passions in life for Cape Town, travel, people, cultures, exploring, food and wine, runs private tours of the Mother City and the Winelands, to uncover culinary gems.

At first a one-woman show, her team has now grown to six, who describe themselves as “food and wine fanatics who love the Cape”. It's a vibrant city, filled with creativity, quirkiness and artisans, which drives McOnie and her team to show why they love living where they do. Cape Fusion Tours was the first in the city to introduce food tours. They've watched the rise of travel in the region, where the interest in food has become central to the travel experience.

A taste of 'place'

Their observation is backed by international evidence. The World Food and Tourism Association says people are travelling “for a taste of place in order to get a sense of place”. According to the association's Food Travel Monitor data, food tourism – comprising food tours, cooking classes, winery visits, brewery tours, producer visits and market experiences – helps to pump up economic benefits for destinations by 25%. More than half (53%) of leisure travellers are now food travellers.

These are tourists who are not only seeking out the restaurants, bars and shared tables of the past, they want experiences: of cooking with locals, private chefs' tables, foraging and exploring food and wine routes. Essentially, they want the new travelling suppers. When it comes to food, imitation is not the best form of flattery. McOnie told delegates at the travel expo that she has witnessed greater support for travel products that offer authentic experiences, celebrate local food artisans and farm-to-table. That means they want connections to create new memories and experiences that will last a lifetime, through which they can support small operators and leave a footprint. It also means a shrinking interest in fine dining, as farm-to-table becomes more important than beautifully packaged menus.

There's a clear move away from impersonal experiences, as 63% of millennials are now seeking out socially responsible restaurants, evidenced by the rise in conscious dining and veganism – although not exclusively so, as this market is committed more than any other generation to understanding provenance and where food comes from.

'Everyone, after the pandemic, is craving connection'



Venues that lack authenticity have millennials "running for the hills".

"Everyone, after the pandemic, is craving connection, connection, connection. We want to go behind the scenes, listen to the stories, and connect. We're looking for memories that we can tell people about for the next 20 years. Those who are harnessing experiences are the ones that are flying in this market." Diners are more educated than ever before, caring about what goes into their food, how it is made, and steering towards sites like the Oranjezicht Market to do their shopping on a weekend and encourage their children to weed in the urban garden. It's fantastic to see the interest, McOnie said.

The emphasis on 'fine dining' has created a monster



In this shift towards farm-to-table, there is a shrinking interest in fine dining, which has been an interesting development. "Cape Town has always been focused on tourists coming in and it's been fine dining, fine dining, fine dining. What have we done? It's created a monster – tourists have no idea of who we are."

In this shift towards farm-to-table, there is a shrinking interest in fine dining, which has been an interesting development. "Cape Town has always been focused on tourists coming in and it's been fine dining, fine dining, fine dining. What have we done? It's created a monster – tourists have no idea of who we are." McOnie said fine dining has a place – but tourists should also be encouraged to eat where locals do so they can hear our stories. Citing the example of Bertus Basson, whose philosophy is rooted in traditional South African food culture, McOnie hailed him as a true champion of South African cuisine. All of his restaurants have simplified their offerings and moved away from traditional fine dining, she said, as he has always celebrated the local ingredients sourced from the communities where he has restaurants. She was blown away by a recent visit to Eike and Geuwels, on Vergenoegd Lōw: "He's continued to bring these stories all the way through from his Overture days to Eike. At Eike, they put a candle on the table and told the story of the 'opsit kers' – in the old days, in conservative Afrikaans homes, when a boy would visit a girl, the parents would light a candle and he had to go home once the candle had burnt down."

We have not been telling the story of our food



Stellenbosch has emerged as a fabulous food destination over the past two years, she said, due to a rise in wine bars, and new openings by talented young chefs. All are on trend with dining experiences that celebrate our local seasonal produce, simple offerings, mostly shared plates and – critically – kick-ass wine lists. South Africa needs to share our story more, she said. "We have not been telling the story of our food. We need to celebrate our people, our cultures, our artisans, heritage dishes, cafe culture and our amazing fresh produce." We should allow our food offerings and experiences to tell our own stories.