

life in balance

inspiring a sustainable culture

August 2013

Nature Watch



It may be relatively common in Central America, but the Glasswing butterfly with its transparent wings is beautiful nonetheless. Its Spanish name is "espejitos", meaning "little mirrors".

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Majestic Monarchs



Monarch butterflies are the most colorful and beautiful of all butterflies, but there are many more facts that people who have been studying them for years - students, entomologists and others, have found out. **More-**

Planting Guide September



September comes, spring has sprung! But beware - spring officially starts only on the 22nd and the early spring weather can fluctuate a lot! **More-**

Books: Saving the White Lions



August rush, the Cape is shivering still from the biggest storm to hit the southern peninsula in a very long time and yet we are burgeoning with the promise of Spring and tree planting for Arbour Day. We also have a long Heritage Day weekend to look forward to. It will be a perfect time to get out in to the beautiful country side and take joy in the flowers and butterflies and bees going about their daily business. To herald the approaching season of regeneration we hope you will be inspired by the planting guidelines, delicious recipes and news, art, books and give-away that the team have compiled for you dear reader. If you like the articles on the site please comment, equally so if you don't - let's talk. The most engaging comment for the month of September will be in for a surprise treat. So if you have something to say, say it.

Happy planting.
Mel

For the birds: Langebaan's famous bird watching scene

The Cape West Coast is a region rich in biodiversity and one blessed with incredible bird life. Langebaan Lagoon draws many a twitcher (the name for an avid bird lover) who travel here to view the many migratory species that make their way to these shores each year.

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Local food, local markets: a one stop farm and grocery



International pressure on our food systems is being felt, but humans are nothing if not innovative. The Farmery, a food production and distribution concept, is making waves with the idea to grow and sell food from the same location, using readily available materials.

More-

Fracking update: exploration could be authorised soon

Despite the relative silence in the media around the issue of fracking the Karoo over the past few months, plans to explore for shale gas have moved ahead and could happen before the end of this administration next year, in the belief that there are benefits too numerous to ignore. **More-**



NNR to license two nuclear waste smelters in Gauteng



In light of the recent failure of the Fukushima nuclear reactor in Japan and its subsequent untold effects of the environment, one would think that governments would be cautiously dealing with the issue of nuclear power and nuclear waste. Not so in South Africa, apparently.

More-

Risotto with goat's cheese, asparagus and truffle oil

This delicious, rich and decadent





SAVING the WHITE LIONS

The story of the white lion is steeped in mystery and legend and it is no wonder they are much sought after by trophy hunters. Conservationist Linda Tucker's memoir describes her struggle to protect the white lions of South Africa from the trophy-hunting industry. **More-**

Risotto dish is perfect for spring, whether on cold days or those elusive warmer ones. It may require a little attention while cooking, but the result is worth every moment. White rice will work, but we recommend trying Italian arborio rice, too. **More-**



Living La Vida Local



What happens when you move to a mountain side out in the country, where conveniences like mail delivery and garbage collection are little more than a fond memory? You don't go loca, you go local. **More-**

Checkerboard egg mayonnaise sandwiches



The second of our Fresh Living recipes this month is all kinds of delicious fun! These egg mayo sammies are snacktastic and perfect for a princess's tea party. Plus, you can use your imagination and create any filling you like. How about caprese? Or chicken mayo and cucumber? **More-**

14-year-old takes on TV host & wins



Watch this excellent video in which the brave and articulate 14-year-old Rachel takes on a TV host about GMO foods. **More-**

The benefits of cucumbers

The innocuous cucumber, composed of water, carbs, natural sugars and other useful substances, is said to have fantastic healing effects. Here is a list of some of the ways in which cucumber can improve your health and wellbeing, from stress to digestion, hangovers to blood pressure. **More-**



Fresh Eyes

Bhavisha Panchia traces the rise of Nontobeko Ntombela. A visionary curator with a discerning and curious eye, Ntombela produces exhibitions that question and challenge prescribed histories, structures and positions to foster dialogues and awareness of social and political concerns. **More-**



Paperight: making books accessible



Books are integral to a well-rounded education but have become increasingly inaccessible to many South Africans. Paperight aims to establish affordable 'book shops' across the country by enabling print shops to print books on demand. **More-**

The benefits of Buchu: win Cape Moondance Buchu tea

Buchu has been part of the indigenous culture and heritage for centuries, with its earliest documented use in 1652 as a healing herb. It has numerous benefits and four lucky readers can each win one packet of Cape Moondance 100% Buchu tea and a packet of Buchu with a hint of Mint. **More-**



July winner: Still Pure hamper

Congrats to 'Kevan Zunckel. We will be in touch soon.

Thought for the month

"For me, trees have always been the most penetrating preachers. I revere them when they live in tribes and families, in forests and groves. And even more I revere them when they

...cheaply.
More-

Paper trails Recycling paper



Did you contribute to the 1,151,315 metric tonnes of paper recycled in 2012? Recycling paper is one of the simplest ways to green your life, and make a big difference with just a little effort.
More-

stand alone. They are like lonely persons. Not like hermits who have stolen away out of some weakness, but like great, solitary men, like Beethoven and Nietzsche. In their highest boughs the world rustles, their roots rest in infinity; but they do not lose themselves there, they struggle with all the force of their lives for one thing only: to fulfil themselves according to their own laws, to build up their own form, to represent themselves. Nothing is holier, nothing is more exemplary than a beautiful, strong tree. When a tree is cut down and reveals its naked death-wound to the sun, one can read its whole history in the luminous, inscribed disk of its trunk: in the rings of its years, its scars, all the struggle, all the suffering, all the sickness, all the happiness and prosperity stand truly written, the narrow years and the luxurious years, the attacks withstood, the storms endured. -Hermann Hesse, *Bäume. Betrachtungen und Gedichte*

Video of the month: Go Organic!

This compilation from a series of films provides a refreshing look at the state of agriculture, pointing out some sustainable and organic practices you can take part in. The Meatrix and Frankensteer expose unethical farming; others provide us with positive role models, including a new wave of female farmers. **More-**



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